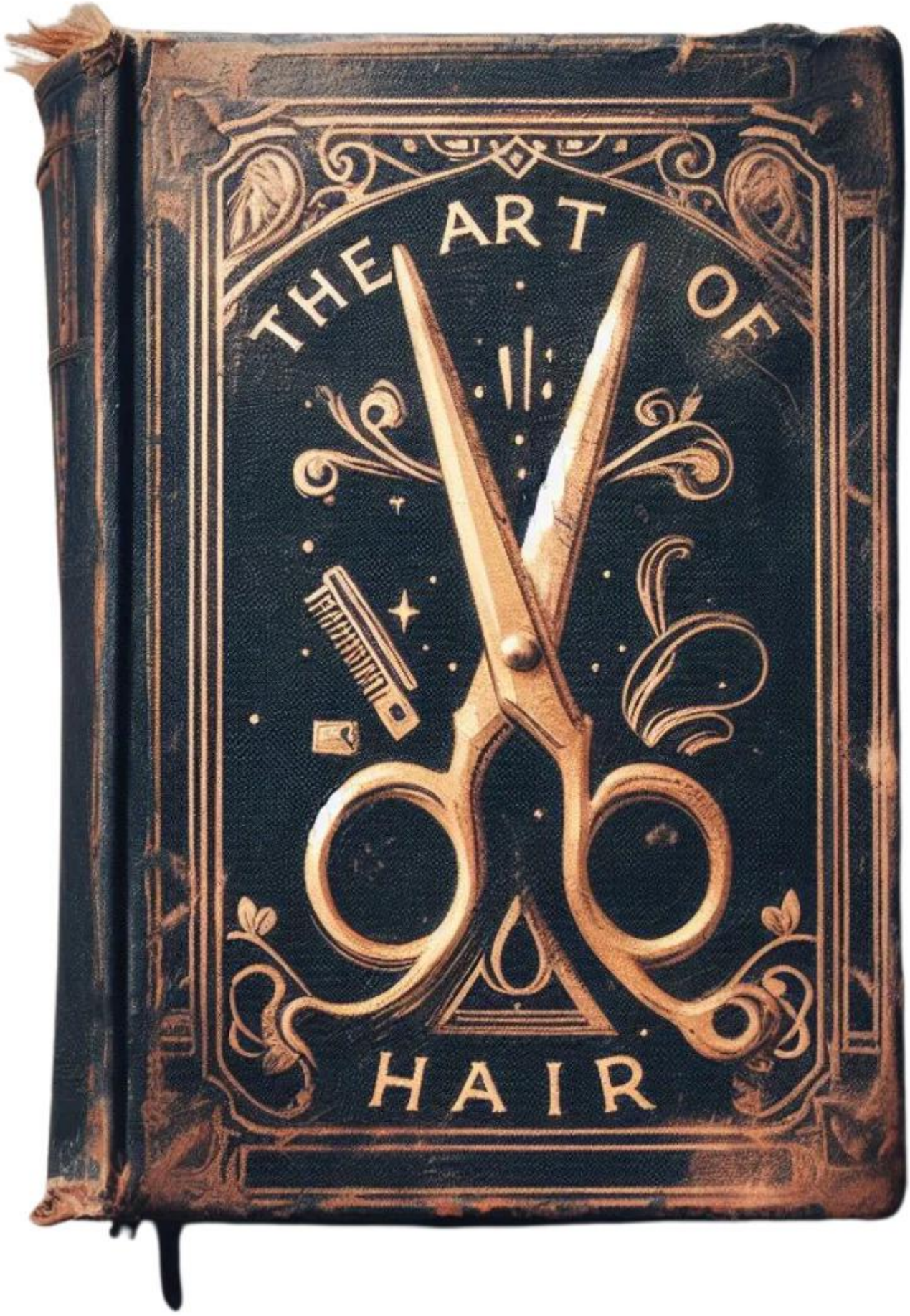
THE ART OF
HAIR

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Book Cover by Maled LLC
Illustrations by MaledLLC
Edition #1
9/1/2023

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YOU ARE NOW READING THE HAIRMAXXING GUIDE, I know you guys have been wanting this for a while so here it is! We have worked very hard and we are bringing out all the undiscovered secrets I'm sure you've **NEVER HEARD OF!**

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Introduction

Written by the creators of The Facial Gains Guide, Mastering the Art of Capturing Moments & MORE!

You are now reading The Hairmaxxing Guide, a comprehensive handbook designed to take your hair game to its fullest possible potential.
It's no secret that enhancing your appearance can have a profound impact on how others perceive you. Among the key elements of your physical appearance, your hair stands out as a defining feature that can drastically transform your overall look.

We're here to make sure you get compliments on your luscious locks regularly. Styles are complex and comprehensive so we cover everything. Our goal is to help you discover a style that complements your unique features and makes you the most attractive you can possibly be. But this isn't just about aesthetics, we also help you prevent hair loss, regrow hair, smell better and more.

Let's be honest, no one wants to go bald. We're going to show you that its a choice, not a death sentence.
Moreover, this guide goes beyond the hair on your head; we will explore the intricacies of facial hair and body hair grooming. Whether you're cultivating a rugged beard or seeking the perfect clean-shaven look, we've got you covered. Whether you're looking to make a bold statement, exude elegance, or maintain a low-maintenance yet polished appearance, this guide will equip you with the knowledge and inspiration to achieve your hair goals. Get ready to transform your hair because we've gone all out for this guide!

If you haven't bought the guide and are reading it…..
We're comin after you buddy

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Hair Types

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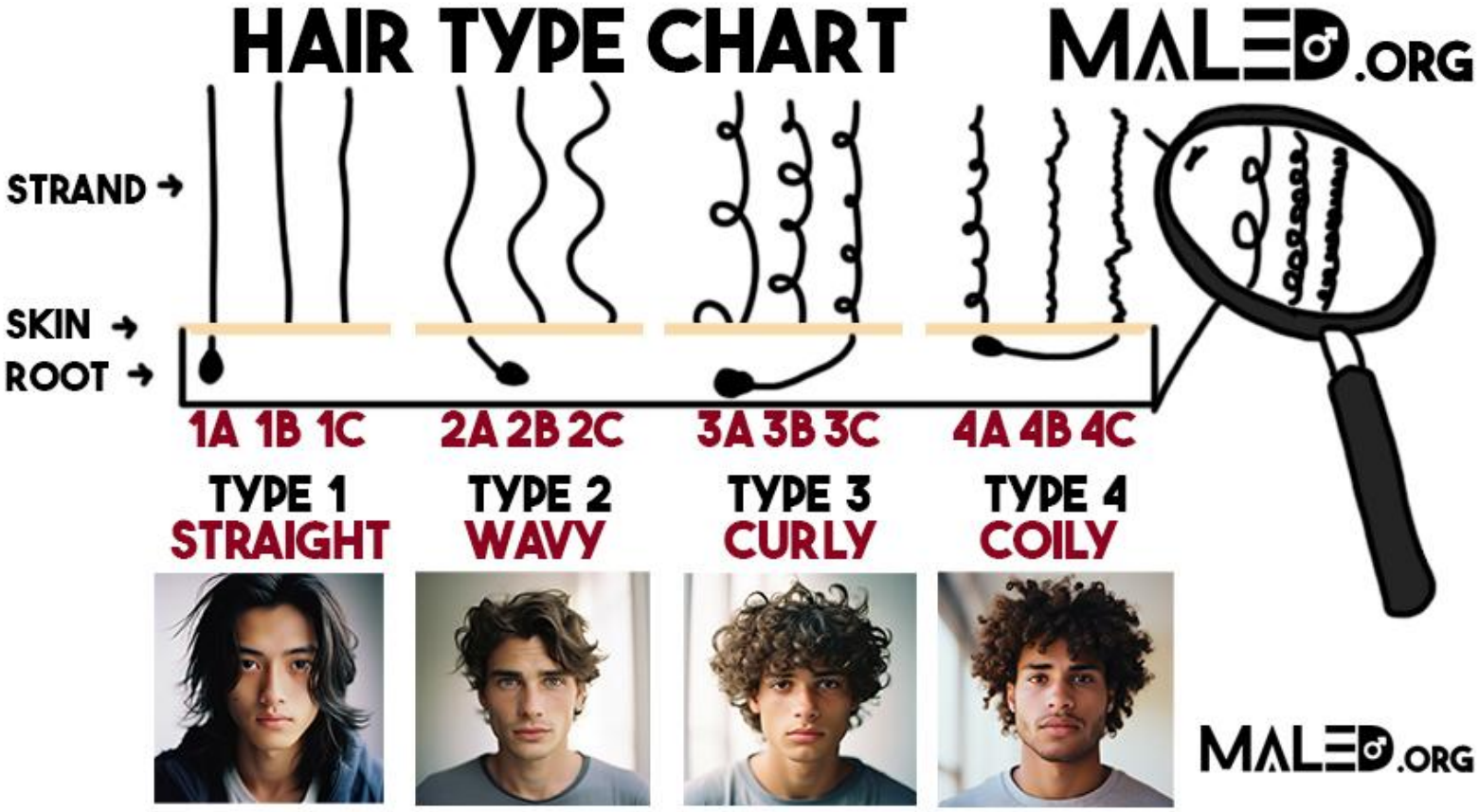
Hair Textures
Each hair has its own individual texture. This is influenced by many factors but is primarily genetic and phenotype-based.

If your follicle is straight, your hair will tend to grow straight, while an oval follicle will give you curly hair. This is important because some hair textures will break easier compared to others.

There are 12 major types: **1A,1B,1C,2A,2B,2C,3A,3B,3C,4A,4B,4C**
These hair types get progressively more coily as they go on.



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Type 1 (Straight Hair) (1A-3C)

Straight hair has a lot of unique properties, for one straight hair is a true marvel when it comes to reflecting light. Its smooth, flat cuticle structure allows light to bounce off the surface, giving it an unparalleled sheen. This shimmering quality often gives straight hair a polished and healthy appearance, drawing attention to its sleekness. One of the most remarkable attributes of straight hair is its strength and resilience. The individual hair strands in Type 1 hair lie flat against the scalp, providing a solid foundation that resists damage and breakage. This inherent strength makes straight hair less prone to splitting or fraying, offering an advantage in maintaining longer lengths. If you have straight hair, you might be familiar with its slightly oily nature. The sebaceous glands on the scalp produce natural oils called sebum, and straight hair allows these oils to travel unimpeded from the scalp to the tips. While this might result in hair appearing greasier more quickly, it also provides a natural lubrication that keeps straight hair looking healthy and sleek. This lubrication unfortunately makes it very hard to curl as well but there are solutions that we will cover in the upcoming sections. Straight hair is a low-maintenance dream for many. Its smooth texture makes it easy to brush or comb, and it tends to be less prone to tangling compared to other hair types. However, because of its oiliness, some individuals may need to shampoo more frequently to maintain a fresh appearance. Choosing lightweight, oil-controlling hair care products can help keep straight hair looking its best.

With our personal ranking, for men's hair, straight hair will give you the least desired look out of the four hair types. This is because typically, men don't take care of it and it often looks greasy. Not to mention texture is seen in just about every attractive male hairstyle. Lastly, this hairstyle has the potential to look good long, but long hair often comes out feminine and most men don't have the masculine counterparts to balance the look.
Just to put things into perspective here are some men with Hair type 1 hair

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Type 2 (Wavy Hair) (1A-3C)

Wavy hair represents a middle ground between straight and curly. Embodying the best of both worlds. With varying degrees of sheen and frizz, wavy hair offers flexibility and style possibilities.

Frizz plays a significant role in defining the character of wavy hair. As the sheen decreases, the natural texture and frizz become more pronounced. Type 2A wavy hair tends to have a smoother appearance with minimal frizz, while Types 2B and 2C hair exhibit more defined waves and increased frizz.

Maintaining wavy hair involves finding the right balance between preserving its natural texture and managing potential frizz depending on your personal liking. Regular conditioning and using products formulated for wavy hair can help enhance its waves while minimizing frizz.

With our personal ranking, for men's hair, wavy hair is the most universally attractive hair type out of the four hair types. This is also the most versatile hair type which is a big plus as well. This hair can look good both long and short, most haircuts also appeal to thins style
Just to put things into perspective here are some men with Hair type 2 hair

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Type 3 (Curly Hair) (1A-3C)

Type 3 hair is known for its adaptability, both to your body's changes and to the climate's whims. Changes in hormones or health can impact your curls, causing variations in their appearance. Additionally, the environment, particularly humidity, can playfully tease your curls, sometimes resulting in frizz. Embracing the dynamic nature of your curls and using curl-friendly products can help you navigate these changes with grace.

Curls are prone to dryness and breakage, making proper care essential for maintaining their vitality and luster. Regular deep conditioning, moisturizing, and gentle detangling are key components of a comprehensive hair care routine. Embracing leave-in conditioners and curl-enhancing products can rejuvenate your curls, ensuring they stay as vibrant as ever
Keep in mind curly hair can lose its curls depending on your habits.

With our personal ranking, for men's hair, curly hair is the second most attractive hair type out of the four hair types. This is also the second most versatile hair type. Some down sides include its breaks more than wavy hair, but on the upside it possesses unique hairstyles you can only pull off with curly hair. This hair can look good both long and short but you should **ALWAYS** keep it short on the sides, unless the hair on top of your head is very long as well.
Just to put things into perspective here are some men with Hair type 3 hair

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Type 4 (Coily Hair) (1A-3C)

Type 4 hair can have both a very coiled pattern or a zig-zag pattern. This is the hardest hair to maintain by far. One common misconception surrounding kinky/coily hair is that it grows slowly. In truth, Type 4 hair grows at the same rate as other hair textures. However, due to its fragility, it is more prone to breakage if not handled with care. Understanding the needs of coily hair and adopting a sensitive approach to its maintenance can ensure that it thrives and flourishes.

Type 4 hair tends to be the driest hair type of all, craving moisture and nourishment. Regular deep conditioning and moisturizing are essential to maintain the health and elasticity of coily hair. Embrace leave-in conditioners, natural oils, and water-based products to quench your hair's thirst and restore its vibrancy.
Treat your Type 4 hair like the finest silk garment, embracing a delicate approach when caring for it. Gently detangle your coils with care, using your fingers or a wide-tooth comb to minimize breakage. Avoid harsh chemicals and excessive heat styling, as they can cause damage to your fragile coils.

With our personal ranking, for men's hair, coily hair is the third most attractive hair type out of the four hair types. Some downsides include its breaks more than curly hair which can take it a long time to grow. On the upside, it has some extremely unique haircuts that are impossible to get without being born with type 4 hair.
Just to put things into perspective here are some men with Hair type 4 hair

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Hair Density

When it comes to hair, one of the essential factors that influence its appearance is hair density. Understanding hair density can be a game-changer for men, as it can significantly impact hairstyles, grooming routines, and overall hair care. This section is **NOT** going to explain hair growth. We will just be touching upon density and how it affects your hair looks.

What is Hair Density?

Hair density refers to the number of hair follicles present on your scalp within a given area. It is not to be confused with hair thickness or individual strand diameter. Hair density is usually measured in terms of hairs per square inch or centimeter.

How to Determine Hair Density?

Determining your hair density is a straightforward process that can be done at home. Start by parting your hair at the crown or any area where your scalp is visible.

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Take note of how much of your scalp is visible in that section. If you can see a lot of scalp between the strands, you likely have low hair density. If the scalp is barely visible, you probably have high hair density. If the visibility is somewhere in between, your hair density is medium.

You will need to assess your hair density honestly just in case you need to get more density. Again this will be covered in the regrowth section

Hair Density Categories:
Low Hair Density: In this category, there is a larger portion of the scalp visible between the individual hairs. This can create a sparse appearance, and the hair may have less volume.

Medium Hair Density: With medium hair density, there is a balanced ratio of hair follicles to scalp visibility, resulting in a normal, moderate appearance.

High Hair Density: For men with high hair density, there is minimal scalp visibility between the individual hairs. This can create a dense and voluminous look.

Hair Length

In general. Most people will be able to grow long hair, but there are still three main categories.

Short Hair - Most masculine
Medium Hair - Balance
Long Hair - Most feminine

For men, hair not being long enough is almost never an issue, but if it is, you can always get hair extensions. More options will be in the regrowth section.

Hair Length and Ethnicity:
Ethnicity also plays a role in hair length variations due to genetic predisposition. People of different ethnic backgrounds may have specific hair growth patterns and textures. For instance, individuals of Asian descent often have fine, straight hair, which tends to grow at a slower rate, leading to shorter lengths on average. In contrast, individuals with African ancestry may have coarser, curlier hair, which can naturally reach impressive lengths due to longer anagen phases.

Aging and Hair Length:
As men age, the anagen phase of their hair may shorten, leading to reduced hair length and density. This is a natural part of the aging process and can lead to shorter hairstyles over time. Genetics, along with factors like hormonal changes, nutrition, and overall health, all play a part in how hair length evolves as men grow older.

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Hair Colors

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Attractive Colors

Hair color plays a pivotal role in shaping our overall appearance and can have a significant impact on attractiveness. As men seek to discover the most appealing hair colors, scientific studies offer valuable insights into which shades captivate and charm the human eye. Let's explore some of the most attractive hair colors for men research.

Colors should match your hair type, skin tone, phenotype and race. With the most important factor being skin tone. When choosing a hair color, it's essential to consider how it complements your individual features

Skin tone refers to the surface color of your skin, while undertones are the subtle hues that lie beneath the skin's surface. Skin tones are broadly classified as warm, cool, or neutral, and each undertone category pairs well with specific hair colors.

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Similar Contrast between skin tone and hair color

Different Contrast between skin tone and hair color (in the second guy)

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The second guy is clearly more exotic, although an important factor when dying hair to many people is the “natural” look. This hair does NOT look natural which can be a turn off for some people.

There are ways to get around this.

Different hair colors on men with similar skintones.

More often than not, extreme contrast is ideal when it comes to hair color and skin tone. This is usually achieved by dying your hair. Oftentimes this makes the person look exotic.

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Here's a list of all colors natural colors

NATURAL HAIR COLORS

MALED.ORG

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The most attractive natural hair for men in order is :

1. Dark Brown Hair
2. Natural Black Hair
3. Medium to Dark Blonde Hair
4. Light Brown Hair
5. Light Blonde
6. Auburn

It's important to keep in mind, colors like blonde and light blonde are more rare and often seem to get more recognition. This is because attractive people who are blonde are typically rare so they are more in demand.

The main reason blonde people can oftentimes look unattractive is because their eyebrows more often than not look nonexistent.

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Here's an example :

Dying your eyebrows can potentially solve this problem. So we're going to teach you how

Hair Dying

The main reason blonde people can oftentimes look unattractive is because their eyebrows more often than not look nonexistent. This is very unfortunate because oftentimes blonde people have exotic traits like blue eyes yet are still damaged by their hair color due to their light eyebrows and eyelashes

Eyebrow dying can achieve these results.

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Clearly, there's a big difference. We highly recommend this if you have lighter hair or sparse eyebrows. Dying your eyebrows can also help you look more attractive while keeping your natural hair color. It's important to choose the hair color you like, and if you were born blonde there is no reason to change the color if you like it a lot. With that being said, clearly dying your hair can make you more attractive and if that's a trade-off that works well for you, then we highly suggest it.

Hair dying can achieve these results.

Now that you understand what dying your hair can do. How do you do it?

There's a couple of ways, the natural way, and the unnatural way. We will break this down into three sections. Natural, Unnatural and color.

Before dyeing, there are a couple ways to find out if your hair will look good dyed.

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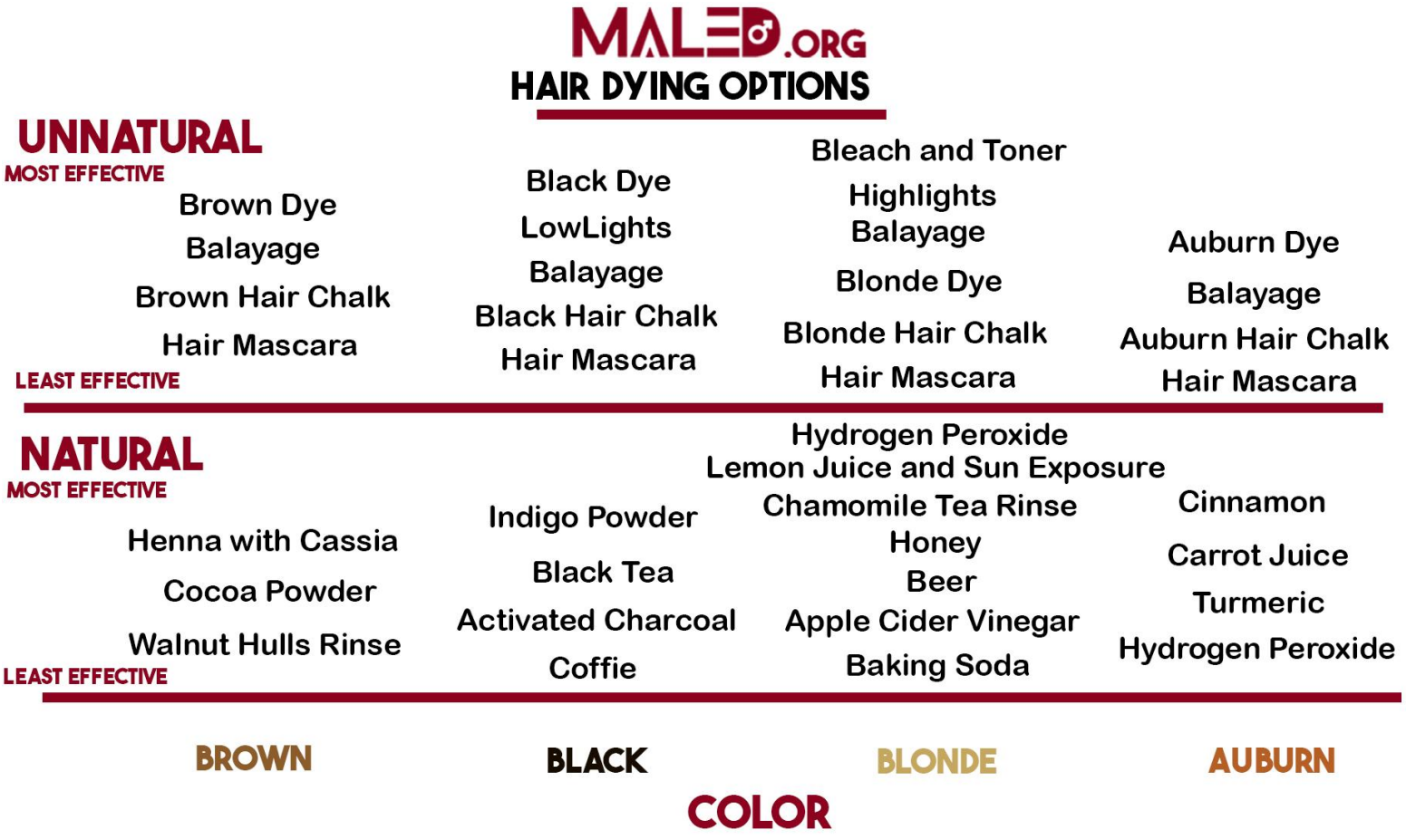
Here are specific options to consider:

Free	Paid (Best Results)
Photoshop (Hard to learn) Emulation Website CLICK ME (Limited Options)	Fiverr / Upwork (Pay someone to do it for you) Face App ($5)

These tools allow you to upload a photo of yourself and experiment with different hair colors virtually. They can be helpful in giving you a glimpse of how the dye will complement your overall appearance before committing to the actual color change.

Keep in mind these mixtures and doses depend on your base hair color
You should also know, some natural washes will stain your hair more than others.



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Doses

High Doses of all of these products can damage your scalp and hair. Make sure to read the CAUTION label at the end to find out if you can apply more products without damaging your hair.

Keep in mind, things like highlights, and hair dye will always do a better job compared to natural options. For most people it's not worth wasting your time with the options that wash out easily.

- Henna, Indigo, Cassia
- Cocoa Powder
- Walnut Huss Rinse
- Black Tea
- Charcoal
- Coffee
- Hydrogen Peroxide (Blonde)
- Lemon Juice + Sun
- Chamomile
- Honey
- Beer
- Apple Cider Vinegar
- Baking Soda
- Cinnamon
- Carrot Juice
- Turmeric
- Hydrogen Peroxide (Auburn)
- Dye
- Balayage, Highlights, Lowlights
- Hair Chalk
- Hair Mascara
- Bleach + Toner

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Henna, Indigo, Cassia

Henna, Indigo, and Cassia are natural plant-based substances commonly used for hair coloring and hair care purposes. Each of these substances has unique properties and can impart different colors to the hair when used alone or in combination.

Henna: Henna (Lawsonia inermis) is a flowering plant that has been used for centuries as a natural hair dye and body art (henna tattoos). It contains a red-orange dye molecule called Lawsone, which binds to the keratin in the hair, resulting in a reddish-orange stain. When applied to the hair, henna can provide various shades of red, from copper to deep red, depending on the natural hair color and the length of time the henna is left on the hair. Henna is also known for its conditioning properties, and it can improve the hair's strength and shine.
Indigo: Indigo (Indigofera tinctoria) is another plant-based dye, derived from the leaves of the indigo plant. It contains a blue dye molecule called Indigotin, which can bind to the hair's keratin, resulting in various shades of blue to black. When used alone on the hair, indigo can create shades ranging from blue to dark blue, but when combined with henna, it can produce shades of brown to black, depending on the proportions used. Indigo is often used in conjunction with henna to achieve brown and black hair colors. The combination of henna and indigo is called the two-step process, where henna is applied first to create a red base, and then indigo is applied to darken the color.

Cassia: Cassia (Cassia obovata) is also known as "colorless henna" or "neutral henna" because it does not contain the dye molecule Lawsone found in henna. Instead, it has colorless flavonoids that can condition and strengthen the hair. When applied to the hair, cassia can provide a subtle conditioning effect, add shine, and improve hair texture. It is often used in combination with henna to create different shades of brown. Cassia is an excellent option for those who want the conditioning benefits of henna without adding additional color to the hair.

Creating natural hair dyes using henna and cassia requires precise measurements and mixing procedures to achieve the desired color results. The proportions and mixing methods can vary based on hair types and desired colors. Below are general guidelines for creating henna and cassia mixtures for different hair types:

Ingredients:
When using henna, indigo, or cassia as hair colorants, it's important to use pure, high-quality, and natural products without any added chemicals or additives. Always check the product's label and ingredients list to ensure you are using authentic henna, indigo, or cassia powder without any synthetic additives or preservatives.

50 grams TOTAL is enough for medium hair length, and normal hair density.

Here's a link we trust : Henna Indigo Cassia

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It's worth noting that some commercial hair dye products labeled as "henna" may contain other ingredients, such as metallic salts or synthetic dyes, which can lead to undesirable outcomes and potential hair damage. To ensure the best results and avoid any adverse reactions, opt for pure and natural henna, indigo, or cassia from reputable sources. If you have any doubts, it's advisable to do a patch test before applying the product to your entire hair to check for any allergic reactions or sensitivities.

Black Hair: Henna and Indigo: To achieve black hair, mix henna and indigo in equal parts (50% henna and 50% indigo). For example, if you use 100 grams of henna, you'll need 100 grams of indigo.
Mixing Method: Mix henna with warm water to form a paste and let it sit for 30 minutes out in the open (It needs to get air) . You know it works when the color on top changes.
Apply the paste to your hair and leave it red for 3 hours - 3 days. YES, your hair will be red first. Then mix the indigo with water separately and let it sit for the same time. After the red paste rests, use the indigo paste.

Video Tutorial : CLICK ME (Watch video before trying)

Brown Hair: Henna with Cassia: Mix henna and cassia in equal parts (50% henna and 50% cassia). For example, if you use 100 grams of henna, you'll need 100 grams of cassia.
Mixing Method: Mix henna with warm water to form a paste and let it sit 30 minutes out in the open (It needs to get air) . You know it works when the color on top changes.Similarly, mix cassia with water and let it sit for the same time. Combine the two pastes and apply to the hair.

Video Tutorial : CLICK ME (Watch video before trying)

Blonde Hair: Henna with Cassia: For a subtle golden hue on lighter hair, mix henna with a higher proportion of cassia (e.g., 80% cassia and 20% henna).
Mixing Method: Mix henna with warm water and let it sit for 30 minutes out in the open (It needs to get air) you know it works when the color on top changes.. Similarly, mix cassia with water and let it sit for the same time. Combine the two pastes and apply to the hair.

Video Tutorial : CLICK ME (Watch video before trying)

Auburn Hair: Henna with Cassia: To achieve an auburn color, use a higher proportion of henna to cassia (e.g., 80% henna and 20% cassia).
Mixing Method: Mix henna with warm water and let it sit 30 minutes out in the open (It needs to get air) . You know it works when the color on top changes.Similarly, mix cassia with water and let it sit for the same time. Combine the two pastes and apply to the hair.

Video Tutorial : CLICK ME (Watch video before trying)

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Important Tips:

- Do not boil henna or cassia. Allow them to sit in warm water to release their dye molecules and activate their color.
- The color results may vary depending on your hair's natural color, texture, and previous treatments.
- The longer you leave the mixture on your hair, the more intense the color will be, so consider your desired shade and timing accordingly.

CAUTION:

- Before using henna, indigo, or cassia, perform a patch test on a small section of your hair and skin to check for any allergic reactions or sensitivities. Some individuals may be sensitive to natural plant-based dyes.
- When mixing the powder with water, avoid using metal utensils or containers, as metal can interact with the natural compounds and affect the color outcome.
- If you already have chemically treated or color-treated hair, consult with a professional hairstylist before using henna, indigo, or cassia, as the results may be unpredictable or interact with the existing hair color.
- Always do a strand test to preview the color outcome before applying the mixture to your entire hair.
- Applying henna, indigo, or cassia can be a messy process, so protect your clothing, skin, and surrounding surfaces during the application.
- The color may develop over time, and multiple applications may be needed to achieve the desired shade, especially with indigo and cassia.
- Remember that henna provides reddish tones, indigo provides dark blue or black tones, and cassia does not impart color but offers conditioning benefits. When using a combination of henna and indigo, follow specific recipes and processing times for the desired color effect.
- If you have recently used chemical hair dyes, wait for several weeks before using henna, indigo, or cassia, as they may not react well with residual chemicals in the hair.
- If you have doubts or concerns about using henna, indigo, or cassia, consider seeking advice from a professional hairstylist experienced in using natural hair dyes to ensure a successful and satisfying hair coloring experience.

(Not what Henna Powder Colors Actually Looks Like Its Green Before You Mix It and Let It Sit)

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Cocoa Powder

Cocoa powder is a natural product derived from cacao beans and is commonly used in baking and cooking. When used on hair, cocoa powder can provide temporary color and conditioning benefits.

Cocoa Powder: Cocoa powder contains natural brown pigments, which can add warm brown tones to the hair. It is particularly effective on lighter hair colors, creating a subtle and temporary brown hue. However, on dark hair, the color effects may not be as noticeable.

Shine and Conditioning: Cocoa powder has conditioning properties that can make the hair feel soft and smooth. It adds shine to the hair and may enhance its overall appearance.

Ingredients: Unsweetened Cocoa Powder (preferably organic): The amount will depend on the length and thickness of your hair. 50 grams is enough for medium hair length, and normal hair density. Here's a link we trust : Cocoa Powder

Mixing the Cocoa Paste: In a bowl, add unsweetened cocoa powder. Gradually add warm water or brewed coffee to the cocoa powder and mix until you achieve a smooth, thick paste. Coffee can deepen the brown color.

Application: Section your hair into manageable parts. Apply the cocoa paste evenly to your hair, starting from the roots and working your way to the tips. Use a hairbrush or applicator brush for better application. Each hair type requires a certain brush, so refer to our chart. Make sure all strands are coated with the mixture for even color distribution.

Processing Time: Leave the cocoa paste on your hair for approximately 30 minutes to an hour. The longer you leave it on, the more intense the color may become.

Rinse: Rinse your hair thoroughly with warm water until the water runs clear. Avoid using shampoo during the first rinse.

Conditioning: Apply a deep conditioner to help lock in moisture and enhance the shine of your hair.

Important Tips:

- Cocoa powder provides a temporary hair color that will gradually fade with washes.
- The color results may vary based on your hair's natural color, texture, and porosity.
- Since cocoa powder can be messy and might stain surfaces, ensure you work in a well-ventilated area and clean any spills promptly.
- If you desire more noticeable or long-lasting color changes, consider using commercial hair dyes specifically formulated for your hair type and desired color.

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- While cocoa powder is generally considered safe for hair, excessive use or leaving it on the hair for too long may cause dryness. Follow the recommended application time and consider using a deep conditioner afterward to maintain hair moisture.
- Cocoa powder will not be as long-lasting as chemical hair dyes, and the color effect may fade over time with washing and exposure to sunlight.
- Cocoa powder is a temporary hair darkening solution and may require regular reapplication to maintain the desired shade.
- For those with chemically treated or color-treated hair, it's advisable to consult with a professional hairstylist before using cocoa powder to avoid any interactions or undesired color outcomes.
- If you have any doubts or concerns about using cocoa powder for hair darkening, consider seeking advice from a professional hairstylist or hair care expert to ensure a safe and satisfactory experience.

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Walnut Huss Rinse

A Walnut Hulls Rinse is a natural hair treatment made from the outer shell or husk of walnuts. It is used to darken the hair and add rich brown tones. The natural pigments present in walnut hulls, such as juglone, impart color to the hair, making it an effective and chemical-free way to darken hair or enhance existing brown shades.

Walnut Hulls Rinse: The juglone in walnut hulls has natural dyeing properties that can darken the hair, particularly on lighter hair colors or as an enhancer for brown hair shades.
Conditioning: Walnut hulls rinse can also provide conditioning benefits to the hair, leaving it soft and smooth.

Ingredients:
Dried Walnut Hulls: The amount will depend on the length and thickness of your hair. 50 grams is enough for medium hair length, and normal hair density.
Here's a link we trust : Walnut Huss

Application Steps:
Preparation: Start with clean, damp hair. Wear old clothing or use a hair cape to protect your clothes from potential staining.

Preparing the Walnut Hulls Rinse: Place the dried walnut hulls in a pot and add enough water to cover them. Bring the mixture to a boil, then reduce the heat and let it simmer for about 30 minutes to 1 hour. This allows the pigments from the walnut hulls to infuse into the water, creating the rinse.

Cooling and Straining: Allow the walnut hulls mixture to cool down to a comfortable temperature. Strain the liquid to remove the walnut hulls, leaving you with the darkened water.

Application: After shampooing your hair, pour the walnut hulls rinse over your hair, making sure to saturate all the strands. You can collect the rinse in a bowl and pour it over your head or use an applicator bottle for more precise application. Gently massage the rinse into your hair and scalp. Put on a shower cap or wrap your hair in a towel to keep the warmth in and let the rinse sit on your hair for about 15-30 minutes.

Rinsing: Rinse your hair thoroughly with cool water until the water runs clear. Follow up with conditioner if desired.

Important Tips:
- The color results may vary depending on your hair's natural color, texture, and porosity. Walnut hulls rinse provides a temporary hair color, and the intensity may vary with each application.
- Perform a patch test before using the rinse to check for any allergic reactions or sensitivities. If you have lighter hair and want a more intense color, you can repeat the

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application several times over a period of days or weeks until you achieve your desired shade.
- Avoid using the walnut hulls rinse on very light or porous hair, as it may lead to darker and uneven results.

CAUTION:

- Pure and natural walnut hulls should be used for hair treatments. Avoid using products with added preservatives or chemicals that may cause adverse reactions or interfere with the intended results.
- While walnut hulls are generally safe for hair, excessive use or leaving the rinse on the hair for too long may cause dryness or staining. Follow the recommended application time and rinse thoroughly to avoid potential issues.
- Walnut hulls can stain surfaces, clothes, and skin, so use gloves and protect your clothing and surrounding areas during the application process.
- If you have chemically treated or color-treated hair, consult with a professional hairstylist before using walnut hulls rinse to ensure it won't interact with the existing hair color or chemical treatments.
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Black Tea

Black Tea: Black tea is a natural hair treatment that can add shine, darken the hair, and reduce excess oiliness. It contains tannins and antioxidants, which can help strengthen the hair and improve its overall appearance. When used regularly, black tea can impart subtle brown tones to the hair, especially on lighter hair colors.

Ingredients: 4 tablespoons of Black Tea leaves (or 4 Black Tea bags) 2 cups of water. This is enough for medium hair length, and normal hair density.
Here's a link we trust : Black Tea

Application Steps: Preparation: Boil 2 cups of water in a pot.

Steeping the Black Tea: Add the black tea leaves or black tea bags to the boiling water. Let the tea steep for about 30 minutes to 1 hour, allowing the tannins and color to infuse into the water.

Cooling and Straining: Allow the black tea mixture to cool down to a comfortable temperature. Strain the liquid to remove the tea leaves or tea bags, leaving you with the darkened tea-infused water.

Application: After shampooing your hair, pour the black tea rinse over your hair, making sure to saturate all the strands. You can collect the rinse in a bowl and pour it over your head or use an applicator bottle for more precise application. Gently massage the rinse into your hair and scalp. Put on a shower cap or wrap your hair in a towel to keep the warmth in and let the rinse sit on your hair for about 15-30 minutes.

Rinsing: Rinse your hair thoroughly with cool water until the water runs clear. Follow up with conditioner if desired.

Important Tips:

- For shorter or longer hair, adjust the amount of black tea leaves and water proportionally based on your hair length.
- The color results may vary depending on your hair's natural color, texture, and porosity.
- Black tea rinse provides a temporary hair color, and the intensity may vary with each application.
- If you have lighter hair and want a more intense color, you can repeat the application several times over a period of days or weeks until you achieve your desired shade.
- Perform a patch test before using the rinse to check for any allergic reactions or sensitivities.
- Avoid using the black tea rinse on very light or porous hair, as it may lead to darker and uneven results.

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CAUTION:

- Black tea is generally safe for most hair types, but excessive use or leaving the rinse on the hair for too long may cause dryness. Follow the recommended application time and rinse thoroughly to avoid potential issues.

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Charcoal

Activated Charcoal:
Activated charcoal is a fine black powder made from various sources like coconut shells, wood, or coal. It is known for its excellent absorption properties, which can help remove impurities, toxins, and excess oils from the hair and scalp. When used as a hair treatment, activated charcoal can provide a deep cleanse, reduce oiliness, and promote a healthier scalp environment.

Ingredients:
1 tablespoon of Activated Charcoal powder, 1/4 cup of Water (adjust as needed for desired consistency), This is enough for medium hair length, and normal hair density. You can also add oils like coconut oil to combine instead of water.
Here's a link we trust : Activated Charcoal

Application Steps:
Wet your hair thoroughly.

In a bowl, mix the activated charcoal powder with water to form a smooth paste.

Add water gradually to achieve a spreadable consistency.

Apply the activated charcoal paste to your hair and scalp, starting from the roots and working your way to the tips.

Gently massage the paste into your scalp to ensure even distribution and to promote scalp health.

Processing Time: Leave the activated charcoal paste on your hair for about 5-10 minutes to allow it to absorb impurities and excess oils. Avoid leaving it on for an extended period, as it may cause excessive dryness.

Avoid leaving it on for an extended period, as it may cause excessive dryness.

Rinse your hair thoroughly with warm water until the water runs clear, ensuring all the charcoal residue is removed.

Follow up with your regular conditioner to restore moisture to your hair, as activated charcoal can be mildly drying.

Important Tips:

- Activated charcoal is effective in absorbing impurities and excess oils, but it may also absorb beneficial oils from the hair. Use it occasionally or as needed for deep cleansing.

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- For best results, use pure activated charcoal powder without any added chemicals or fragrances.
- While activated charcoal can help detoxify the hair and scalp, it is not a hair dye and will not change the hair's natural color.
- Do not use activated charcoal on chemically treated or color-treated hair without consulting a professional hairstylist, as it may interact with the existing hair color or treatments.
- Activated charcoal is meant for occasional use and should not replace regular hair cleansing and care.
- If you have concerns about using activated charcoal for hair, consider seeking advice from a professional hairstylist or dermatologist to ensure a safe and satisfactory experience.

CAUTION:

- Activated charcoal may cause temporary staining on clothes or surfaces, so take care to protect your clothing and surroundings during application.
- If you experience any irritation or adverse reactions after using activated charcoal, discontinue use and seek medical advice if needed.

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Coffee

Coffee for Hair: Coffee is not only a popular beverage, but it can also be used as a natural hair treatment to enhance hair color, especially for those with dark hair. The natural pigments present in coffee can temporarily darken the hair and add dimension to your locks. Additionally, coffee contains antioxidants that may provide some benefits to the hair and scalp.

Ingredients: 2 tablespoons of Coffee Grounds (use more for longer or thicker hair) 1 cup of Water. This is enough for medium hair length and normal hair density.
Here's a link we trust : Coffee

Application Steps:

1. Boil the water and add the coffee grounds to create a strong coffee brew. Let it steep for a few minutes until it cools down.
2. Shampoo your hair as usual and rinse it thoroughly.
3. Pour the cooled coffee brew over your hair, making sure to saturate all strands from the roots to the tips. Massage your scalp gently to promote circulation.

Processing Time:

4. Leave the coffee brew on your hair for at least 20-30 minutes. For a more intense color, you can wrap your hair with a shower cap or plastic wrap to keep it moist and leave it on for up to 1-2 hours.
5. Rinse your hair with cool water until the water runs clear. Avoid using shampoo or conditioner at this stage.
6. Repeat the coffee treatment once a week or as needed to maintain the desired color effect.
7. You can follow up with your regular conditioner if your hair feels dry after the treatment.

Important Tips:

- The color intensity may vary depending on your hair's natural color and porosity. Conduct a strand test before applying the coffee brew to your entire hair to preview the color outcome.
- Coffee may stain surfaces, clothes, and skin, so use gloves and protect your clothing and surrounding areas during the application process.
- While coffee can add temporary color to the hair, it is not a permanent hair dye and will gradually fade with washing and exposure to sunlight.
- Coffee is generally considered safe for most hair types but may cause slight dryness. If your hair feels excessively dry, consider using a deep conditioner after the treatment.
- For those with lighter hair colors, coffee may not produce a significant color change, but it can still add shine and dimension to the hair.
- If you have concerns about using coffee for hair, consider seeking advice from a professional hairstylist or dermatologist to ensure a safe and satisfactory experience.

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CAUTION:

- Avoid using coffee treatments on chemically treated or color-treated hair without consulting a professional hairstylist, as the results may be unpredictable or interact with the existing hair color or treatments.
- If you experience any irritation or adverse reactions after using coffee on your hair, discontinue use and seek medical advice if needed.

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Hydrogen Peroxide (Blonde)

Hydrogen Peroxide (Blonde): Hydrogen peroxide is commonly used as a hair lightening agent, especially for those seeking to achieve blonde or lighter hair shades. It works by breaking down the natural pigments in the hair, resulting in a gradual lightening effect. However, it's essential to use hydrogen peroxide with caution, as it can be damaging to the hair when used incorrectly or excessively.

Ingredients:
1/4 cup of Hydrogen Peroxide (3% concentration) 1/2 cup of Water. This is enough for medium hair length and normal hair density.
Here's a link we trust : Hydrogen Peroxide

Application Steps:

1. Mix the hydrogen peroxide with water in a bowl to dilute it. Using a 3% concentration is safer for hair than higher concentrations, which can be more damaging.
2. Wet your hair thoroughly.
3. Wear gloves to protect your hands during application.
4. Apply the diluted hydrogen peroxide mixture to your hair, starting from the ends and working your way up to the roots. Use a brush or applicator for even distribution.

Processing Time:

5. Leave the hydrogen peroxide mixture on your hair for 15-30 minutes, depending on your hair's natural color and desired level of lightning.
   Monitor the lightning process closely, and avoid leaving it on for too long to prevent excessive damage. Rinse your hair thoroughly with cool water until the water runs clear.
6. Follow up with a deep conditioning treatment to restore moisture to your hair, as hydrogen peroxide can cause dryness.
7. Repeat the process after a few days or weeks if you wish to achieve a lighter shade. Avoid over-processing the hair, as it can lead to brittleness and breakage.

Important Tips:

- Hydrogen peroxide is a potent lightening agent, but it may also cause damage to the hair's structure if not used properly. Proceed with caution and avoid using it on already damaged or compromised hair.
- Do not use hydrogen peroxide on chemically treated or color-treated hair without consulting a professional hairstylist, as it may interact with the existing hair color or treatments.
- Perform a strand test before applying hydrogen peroxide to your entire hair to preview the lightening effect and determine the suitable processing time for your hair.
- To minimize damage, consider using a deep conditioning treatment or hair mask regularly after lightening with hydrogen peroxide.
- If you experience any irritation or adverse reactions during or after using hydrogen peroxide, discontinue use and seek medical advice if needed.

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CAUTION:

- Hydrogen peroxide can be damaging to the hair when used incorrectly or excessively. Use it cautiously and follow the application steps and processing time closely.
- Avoid contact with eyes, skin, and clothing during application. In case of accidental contact, rinse thoroughly with water.
- Keep hydrogen peroxide out of reach of children and pets, as it can be harmful if ingested or misused.
- If you have doubts or concerns about using hydrogen peroxide on your hair, consider seeking advice from a professional hairstylist or hair care expert to ensure a safe and satisfactory experience.

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Lemon Juice + Sun

Lemon Juice + Sun: Lemon juice, when combined with sunlight, can act as a natural hair lightener due to its citric acid content. The citric acid helps to gently lift the hair's natural pigments, resulting in subtle lightening effects. However, it's important to note that lemon juice can dry the hair, so caution and proper aftercare are necessary when using this method.

Ingredients:
Freshly squeezed juice from 2-3 lemons 1 cup of Water. This is enough for medium hair length and normal hair density.
Here's a link we trust : Lemon Juice (Real Lemons are better)

Application Steps:

1. Mix the freshly squeezed lemon juice with water in a bowl to dilute the acidity. Diluting the lemon juice reduces the risk of excessive drying or damage to the hair.
2. Wet your hair thoroughly.
3. Wear gloves to protect your hands during application.
4. Pour the diluted lemon juice over your hair, ensuring even saturation from the roots to the tips.
5. Gently massage your scalp to promote circulation and even distribution of the lemon juice.

Processing Time:

6. Go outside in direct sunlight to activate the lightning process. The combination of lemon juice and sunlight helps to naturally lighten the hair. Depending on your hair's natural color and desired level of lightning, stay in the sun for approximately 30 minutes to an hour. Avoid staying in the sun for too long, especially during peak hours, to prevent sunburn and damage.
7. Rinse your hair thoroughly with cool water until the water runs clear.
8. Follow up with a deep conditioning treatment to counteract the drying effects of lemon juice.
9. Repeat the process once a week or as needed to achieve gradual lighting.

Important Tips:

- Lemon juice can cause dryness and potential damage to the hair. Ensure you follow up with deep conditioning treatments to keep your hair moisturized.
- If you have chemically treated or color-treated hair, consult with a professional hairstylist before using lemon juice, as it may interact with the existing hair color or treatments.
- Lemon juice works best on lighter hair colors and may have minimal impact on darker hair shades.
- Be cautious when using lemon juice on hair that is already dry, brittle, or damaged, as it may worsen the condition.

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- Lemon juice, when combined with sunlight, can increase the hair's sensitivity to UV rays, increasing the risk of sunburn and damage. Limit your sun exposure and avoid direct sunlight during peak hours.
- The lightening effect may vary depending on your hair's natural color and porosity. Conduct a strand test before applying lemon juice to your entire hair to preview the results.
- Lemon juice is not a permanent hair dye and will gradually fade with washing and exposure to sunlight.
- If you experience any irritation or adverse reactions during or after using lemon juice on your hair, discontinue use and seek medical advice if needed.
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Chamomile

Chamomile: Chamomile is a gentle herb known for its soothing and calming properties. When used as a hair rinse, chamomile can help enhance natural highlights and add a subtle golden or honey tone to light-colored hair. It is particularly beneficial for those with blonde or light brown hair, providing a natural and sun-kissed effect without causing damage.

Ingredients:
1 cup of Water 2-3 chamomile tea bags or 2 tablespoons of dried chamomile flowers. This is enough for medium hair length and normal hair density.
Here's a link we trust : Chamomile

Application Steps:

1. Boil the water in a saucepan and add the chamomile tea bags or dried chamomile flowers to create a chamomile infusion. Let it steep for about 15 minutes to extract the beneficial properties.
2. Allow the chamomile infusion to cool down to a comfortable temperature.
3. Shampoo your hair as usual and rinse it thoroughly.
4. Carefully pour the chamomile infusion over your hair, making sure to saturate all strands from the roots to the tips. You can use a large bowl or cup for easier application.

Processing Time:

5. Leave the chamomile infusion on your hair for 15-30 minutes. For more noticeable highlights, you can cover your hair with a shower cap or plastic wrap to keep it moist and leave it on for up to an hour.
6. For enhanced results, sit in the sun during the processing time to activate the natural lightening effect.
7. Rinse your hair thoroughly with cool water until the water runs clear.
8. Follow up with your regular conditioner to keep your hair moisturized.

Important Tips:

- Chamomile works best on lighter hair colors and may have minimal impact on darker hair shades.
- Regular use of chamomile can gradually enhance the natural highlights and tone of light-colored hair.
- Chamomile is generally considered safe for most hair types, but it is recommended to perform a patch test before using it on your entire hair to check for any allergic reactions.
- For darker hair shades, chamomile may not produce a significant lightening effect but can still add shine and enhance the hair's natural highlights.

CAUTION:

- If you experience any irritation or adverse reactions after using chamomile on your hair, discontinue use and seek medical advice if needed.

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- Chamomile is not a hair dye and will not produce drastic color changes. It provides a gentle and natural enhancement to light-colored hair.
- For those with allergies to chamomile or related plants, avoid using chamomile on the hair or perform a patch test before applying it to your entire hair.

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Honey

Honey: Honey is a natural humectant, meaning it has the ability to attract and retain moisture. When used on hair, honey can help hydrate and nourish dry, damaged strands, leaving the hair feeling soft and smooth. It also contains natural antioxidants that may promote scalp health and overall hair vitality. Additionally, honey can add a subtle shine to the hair, making it a popular ingredient in homemade hair masks and treatments.

Ingredients:
2-3 tablespoons of Honey (use more for longer or thicker hair) 1/4 cup of Warm Water This is enough for medium hair length and normal hair density.
Here's a link we trust : Honey

Application Steps:

1. In a small bowl, mix the honey with warm water to create a smooth honey mixture. Warm water helps to dissolve the honey and make it easier to apply.
2. Wet your hair thoroughly.
3. Apply the honey mixture to your hair, starting from the roots and working your way to the tips. Use a brush or your fingers to ensure even distribution.
4. Gently massage the honey mixture into your scalp to promote scalp health and improve blood circulation.

Processing Time:

5. Leave the honey mixture on your hair for at least 30 minutes. For a deeper conditioning treatment, you can cover your hair with a shower cap or plastic wrap and leave it on for up to 1-2 hours.
   The longer you leave the honey treatment on your hair, the more time it has to penetrate and nourish the strands.
6. Rinse your hair thoroughly with lukewarm water until the water runs clear.
7. Follow up with your regular shampoo and conditioner if desired. Honey leaves the hair feeling soft and conditioned, so additional conditioning may not be necessary.

Important Tips:

- Honey is suitable for most hair types and can benefit both dry and oily hair conditions.
- When using honey, it's essential to apply it on wet hair, as it spreads more evenly and helps retain moisture.
- To avoid any stickiness, ensure the honey is well-diluted with warm water before applying it to your hair.
- Regular use of honey treatments can help improve the overall health and appearance of your hair.

CAUTION:

- If you have allergies to honey or bee products, avoid using honey on your hair or perform a patch test before applying it to your entire hair.

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- While honey is generally safe for hair use, avoid leaving it on your hair for extended periods, as it may attract insects.
- Honey can be sticky, so make sure to protect your clothing and surrounding areas during the application process.
- If you experience any irritation or adverse reactions after using honey on your hair, discontinue use and seek medical advice if needed.

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Beer

Beer: Beer is a popular natural hair treatment that can help improve the hair's overall texture and appearance. It contains proteins, vitamins, and minerals that can nourish and strengthen the hair. The proteins in beer can coat the hair shaft, adding a temporary layer of protection and enhancing shine. Additionally, the sugars in beer may provide some hydration to the hair, making it smoother and more manageable.

Ingredients: 1 cup of Beer (any regular beer without added flavors or colors)
This is enough for medium hair length and normal hair density.
We can't provide a link for beer :(

Application Steps:

1. Pour the beer into a bowl or container and allow it to sit at room temperature for a few hours. This helps to release some of the carbonation, reducing the chances of excessive dizziness during application.
2. Shampoo your hair as usual and rinse it thoroughly.
3. After shampooing, pour the beer over your hair, making sure to saturate all strands from the roots to the tips.
4. Gently massage the beer into your scalp to promote circulation and allow the nutrients to penetrate.

Processing Time:

5. Leave the beer on your hair for about 5-10 minutes. For more intense conditioning, you can cover your hair with a shower cap or plastic wrap and leave it on for up to 30 minutes.
   Longer processing times are not necessary, as the benefits of the beer treatment are achieved relatively quickly.
6. Rinse your hair thoroughly with cool water until the beer scent dissipates. Follow up with your regular conditioner if needed.
7. Beer treatments can provide a conditioning effect, but additional conditioning may be desired for optimal results.

Important Tips:

- While beer can be beneficial for hair, it's important to note that excessive use may cause dryness due to the alcohol content. Use beer treatments occasionally for best results.
- The benefits of beer treatments are temporary and may wash out with subsequent shampoos.
- Beer treatments are suitable for most hair types and can add volume and shine to the hair.

CAUTION:

- If you have allergies to beer or its ingredients, avoid using beer on your hair or perform a patch test before applying it to your entire hair.

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- Beer treatments should be used in moderation, as excessive use may lead to dryness and potential damage to the hair.
- Be cautious when using beer treatments if you have color-treated or chemically treated hair, as the alcohol content in beer may interact with existing hair treatments.
- If you experience any irritation or adverse reactions after using beer on your hair, discontinue use and seek medical advice if needed.
- Keep away from all fire, this is extremely important, if it ever gets in contact with fire you can permanently damage your hair, scalp, face, and body.

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Apple Cider Vinegar

Apple Cider Vinegar: Apple cider vinegar (ACV) is a natural remedy that can help improve the overall health and appearance of the hair. While it does not add color to the hair like hair dyes, ACV can help enhance the natural highlights in your hair, especially for those with lighter hair shades. It works by removing product buildup and closing the hair cuticles, resulting in smoother, shinier hair. As a result, the hair may appear more vibrant and reflective, showcasing its natural hues.

Ingredients:
1 part Apple Cider Vinegar 1 part Water
This is enough for medium hair length and normal hair density.
Here's a link we trust : Apple Cider Vinegar

Application Steps:

1. Mix equal parts of apple cider vinegar and water in a container. You can adjust the quantities based on your hair length and thickness.
2. After shampooing your hair, rinse it thoroughly with water.
3. Pour the diluted apple cider vinegar solution over your hair, ensuring even coverage from the roots to the tips.
4. Gently massage your scalp to promote circulation and allow the ACV solution to work on your hair.

Processing Time:

5. Leave the apple cider vinegar solution on your hair for about 1-2 minutes. Longer processing times are not necessary, as ACV works relatively quickly to balance the hair's pH and improve its appearance.
6. Rinse your hair thoroughly with cool water until the vinegar scent dissipates.
7. Follow up with your regular conditioner to keep your hair moisturized.

Important Tips:

- ACV treatments can be used as a clarifying rinse to remove product buildup and balance the scalp's pH, which can contribute to healthier-looking hair.
- Regular use of ACV can enhance the hair's natural highlights and shine, making the hair appear more vibrant and lively.

CAUTION:

- Apple cider vinegar is generally safe for most hair types when used in diluted form. However, some individuals may be sensitive to ACV, so it's recommended to perform a patch test before using it on your entire hair.
- Avoid using undiluted apple cider vinegar, as its high acidity may cause irritation or dryness.

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- If you have color-treated or chemically treated hair, consult with a professional hairstylist before using apple cider vinegar, as it may interact with the existing hair color or treatments.
- If you experience any irritation or adverse reactions after using apple cider vinegar on your hair, discontinue use and seek medical advice if needed.

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Baking Soda

Baking Soda: Baking soda is a natural alkaline substance that can be used as a clarifying treatment for the hair. While it does not add color to the hair like hair dyes, baking soda can help remove product buildup, excess oils, and impurities, leaving the hair feeling clean and refreshed. As a clarifying agent, baking soda can slightly lighten the hair's appearance by removing surface stains and residue, which may enhance the hair's natural highlights.

Ingredients:
1 tablespoon of Baking Soda 1 cup of Warm Water
This is enough for medium hair length and normal hair density.
Here's a link we trust : Baking Soda

Application Steps:

1. In a bowl, mix the baking soda with warm water to create a baking soda solution. Stir well to ensure the baking soda is fully dissolved.
2. Wet your hair thoroughly.
3. Apply the baking soda solution to your hair, starting from the roots and working your way to the tips.
4. Use your fingers to gently massage the solution into your scalp and hair strands.

Processing Time:

5. Leave the baking soda solution on your hair for 1-2 minutes.
   Avoid leaving it on for an extended period, as baking soda can be drying and may cause hair damage with prolonged exposure.
6. Rinse your hair thoroughly with cool water until the baking soda solution is completely washed out.
7. Follow up with your regular conditioner to replenish moisture to your hair, as baking soda can strip away some natural oils.
8. Use baking soda as a clarifying treatment occasionally, as frequent use may lead to excessive dryness and damage.

Important Tips:

- Baking soda is an effective clarifying treatment that can remove product buildup and refresh the hair.
- Regular use of baking soda may lighten the hair's appearance slightly, enhancing the natural highlights.

CAUTION:

- Baking soda can be drying to the hair, so it's essential to use it sparingly and not as a regular shampoo replacement.
- Avoid using baking soda on color-treated or chemically treated hair, as it may interact with the existing hair color or treatments.

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- If you have sensitive or dry hair, it's advisable to perform a patch test before using baking soda on your entire hair.
- Discontinue use if you experience any irritation or adverse reactions after using baking soda on your hair.
- As baking soda is not a hair dye, it may not produce significant color changes. It mainly works as a clarifying treatment for the hair.

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Cinnamon

Cinnamon: Cinnamon is a popular natural ingredient that can be used to enhance the hair's natural color, particularly for those with red or auburn hair tones. It contains a compound called cinnamaldehyde, which may impart a warm reddish-brown hue to the hair. However, it's important to note that the color change achieved with cinnamon is subtle and works best on lighter hair colors. Cinnamon is not a permanent hair dye but can provide a temporary color boost and add dimension to the hair.

Ingredients:
3-4 tablespoons of Ground Cinnamon 1/2 cup of Conditioner or Honey (choose one based on your hair type and preference) Warm Water (as needed to create a paste)
This is enough for medium hair length and normal hair density.
Here's a link we trust : Cinnamon

Application Steps:

1. In a bowl, mix the ground cinnamon with your chosen ingredient, either conditioner or honey, to create a paste. Adjust the quantities based on your hair length and thickness. The conditioner or honey serves as a base to make the cinnamon easier to apply.
2. Wet your hair thoroughly.
3. Apply the cinnamon paste to your hair, starting from the roots and working your way to the tips. Use a brush or your fingers to ensure even distribution.
4. Gently massage the cinnamon paste into your scalp to promote circulation and allow the color-enhancing properties to work on your hair.

Processing Time:

5. Leave the cinnamon paste on your hair for about 1-2 hours. For more intense results, you can cover your hair with a shower cap or plastic wrap and leave it on for up to 4 hours. Keep in mind that the color change achieved with cinnamon is subtle and may require multiple applications for more noticeable results.
6. Rinse your hair thoroughly with lukewarm water until the cinnamon paste is completely washed out.
7. Follow up with your regular shampoo and conditioner to remove any remaining cinnamon residue.

Important Tips:

- Cinnamon is suitable for those with red or auburn hair tones or lighter hair colors looking to add warmth and dimension.
- Cinnamon is not a permanent hair dye and will gradually fade with washing and exposure to sunlight.

CAUTION:

- Cinnamon may cause irritation or allergic reactions in some individuals. Perform a patch test before using it on your entire hair to check for any adverse reactions.

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- Avoid using cinnamon on color-treated or chemically treated hair, as it may interact with the existing hair color or treatments.
- Discontinue use if you experience any irritation or adverse reactions after using cinnamon on your hair.

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Carrot Juice

Carrot Juice: Carrot juice is a natural ingredient known for its rich orange pigment, which can add warm tones to the hair. It is particularly beneficial for those with light blonde or light brown hair, as it can impart subtle reddish or orange hues, enhancing the hair's natural color. Carrot juice is a temporary hair color enhancer and provides a natural and gentle way to add dimension and warmth to the hair.

Ingredients:
1/2 cup of Carrot Juice (freshly extracted or store-bought)
This is enough for medium hair length and normal hair density.
Here's a link we trust : Carrot Juice

Application Steps:

1. Shampoo your hair as usual and rinse it thoroughly.
2. Pour the carrot juice over your hair, making sure to saturate all strands from the roots to the tips. Use a large bowl or cup for easier application.
3. Gently massage the carrot juice into your scalp and hair to ensure even coverage.

Processing Time:

4. Leave the carrot juice on your hair for about 30 minutes to 1 hour. For more intense results, you can cover your hair with a shower cap or plastic wrap and leave it on for up to 2 hours. Keep in mind that the color change achieved with carrot juice is subtle and may require multiple applications for more noticeable results.
5. Rinse your hair thoroughly with cool water until the carrot juice is completely washed out.
6. Follow up with your regular conditioner to keep your hair moisturized.

Important Tips:

- Carrot juice is suitable for those with light blonde or light brown hair looking to add warm tones and dimension.
- Carrot juice is not a permanent hair dye and will gradually fade with washing and exposure to sunlight.

CAUTION:

- If you have allergies to carrots or related plants, avoid using carrot juice on your hair or perform a patch test before applying it to your entire hair.
- Carrot juice may stain clothing and surfaces, so take precautions to protect your clothing and surrounding areas during the application process.
- Avoid using carrot juice on color-treated or chemically treated hair, as it may interact with the existing hair color or treatments.
- Discontinue use if you experience any irritation or adverse reactions after using carrot juice on your hair.

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Turmeric

Turmeric: Turmeric is a bright yellow spice commonly used in cooking, but it also has potential benefits for hair. As a natural dye, turmeric can add vibrant golden or yellow tones to the hair, making it particularly appealing for those with light blonde or light brown hair. It offers a natural and temporary way to enhance the hair's color and add warmth to the overall appearance.

Ingredients:
3-4 tablespoons of Turmeric Powder 1/2 cup of Conditioner or Yogurt (choose one based on your hair type and preference) Warm Water (as needed to create a paste)
This is enough for medium hair length and normal hair density.
Here's a link we trust : Turmeric

Application Steps:

1. In a bowl, mix the turmeric powder with your chosen ingredient, either conditioner or yogurt, to create a paste. Adjust the quantities based on your hair length and thickness. The conditioner or yogurt serves as a base to make the turmeric easier to apply.
2. Wet your hair thoroughly.
3. Apply the turmeric paste to your hair, starting from the roots and working your way to the tips. Use a brush or your fingers to ensure even distribution.
4. Gently massage the turmeric paste into your scalp and hair to ensure the color-enhancing properties work effectively.

Processing Time:

5. Leave the turmeric paste on your hair for about 30 minutes to 1 hour. For more intense results, you can cover your hair with a shower cap or plastic wrap and leave it on for up to 2 hours. Keep in mind that the color change achieved with turmeric is temporary and may require multiple applications for more noticeable results.
6. Rinse your hair thoroughly with lukewarm water until the turmeric paste is completely washed out.
7. Follow up with your regular shampoo and conditioner to remove any remaining turmeric residue.

Important Tips:

- Turmeric is best suited for those with light blonde or light brown hair tones looking to add vibrant golden or yellow hues.
- Turmeric is not a permanent hair dye and will gradually fade with washing and exposure to sunlight.

CAUTION:

- Turmeric has strong pigments that can stain surfaces, clothing, and even your skin. Take precautions to protect your clothing and surrounding areas during the application process.

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- Perform a patch test before using turmeric on your entire hair to check for any allergic reactions or skin sensitivities.
- Avoid using turmeric on color-treated or chemically treated hair, as it may interact with the existing hair color or treatments.
- Discontinue use if you experience any irritation or adverse reactions after using turmeric on your hair.

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Hydrogen Peroxide (Auburn)

Hydrogen Peroxide (Auburn): Hydrogen peroxide is commonly used as a developer in hair coloring processes. When used with a suitable dye, it can lighten the natural hair color and create auburn shades. The higher the concentration of hydrogen peroxide, the more significant the color change. However, it's important to note that hydrogen peroxide is a powerful chemical and should be used with caution. For more dramatic results, it's best to consult a professional hairstylist to ensure proper application and minimize damage to the hair.

Ingredients:
Hydrogen Peroxide (Choose the appropriate concentration based on your desired color and hair type. Common concentrations for auburn shades are 20 to 30 volume hydrogen peroxide.)
Here's a link we trust : Hydrogen Peroxide

Application Steps:

1. Put on gloves to protect your hands from coming into direct contact with hydrogen peroxide.
2. Mix the hydrogen peroxide with the hair dye following the manufacturer's instructions. Ensure the mixture is well combined.
3. Section your hair to make the application process easier.
4. Apply the mixture to your hair, starting from the roots and working your way to the tips. Use a brush or an applicator to ensure even coverage.

Processing Time:

5. The processing time may vary based on the desired shade and your hair's starting color. It is typically around 30 to 45 minutes.
   Keep a close eye on the color development to avoid over-processing, which can lead to damage and uneven color.
6. Rinse your hair thoroughly with cool water until the water runs clear.
7. Follow up with a color-safe conditioner to nourish and moisturize your hair after the coloring process.

Important Tips:

- Hydrogen peroxide is a potent chemical, and improper use can lead to hair damage. It's best to have the coloring process done by a professional hairstylist, especially for significant color changes like auburn.
- Perform a strand test before applying the color mixture to your entire hair to preview the results and check for any allergic reactions or sensitivities.

CAUTION:

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- Hydrogen peroxide is a strong chemical that can cause skin and eye irritation. Avoid contact with your skin and eyes during the application process.
- Always use hydrogen peroxide in a well-ventilated area to avoid inhaling fumes. Do not use hydrogen peroxide on damaged or excessively processed hair, as it can worsen hair health.
- Overuse or misuse of hydrogen peroxide can lead to hair damage, so follow the instructions carefully and avoid excessive processing.
- For best results and to minimize the risk of damage, consult a professional hairstylist for auburn hair color transformations.

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Dye

Hair Dye: Hair dye is a chemical product used to change the natural color of the hair. It comes in various forms, including permanent, semi-permanent, and temporary options, each with its own unique application and color longevity. Hair dye works by penetrating the hair shaft and depositing color molecules, altering the hair's pigment. The color change achieved with hair dye can be subtle or dramatic, depending on factors such as the original hair color, the dye shade, and the dye's formulation.

If you are considering getting a hair dye, especially for significant color changes or intricate styles, visiting a professional hairstylist or a skilled hair colorist at a reputable salon or barbershop is **highly recommended**. Especially if it's your first time. If you get a professional you will get their :
Expertise and Experience
Customized Color
Avoid Damage
Precision and Evenness
Special Techniques
Professional Products
Maintenance Advice
Corrective Measures
Peace of Mind

The only con is it might not look exactly how you want if the person doing it is incompetent.

Ingredients: Hair Dye (Choose the type and shade based on your desired color and hair type. Follow the manufacturer's instructions for the specific product.)

Application Steps:

1. Put on gloves to protect your hands during the application process.
2. Conduct a patch test before applying the hair dye to your entire hair. Apply a small amount of the dye mixture behind your ear or on the inside of your elbow. Wait for the recommended time and check for any allergic reactions or skin sensitivities.
3. Mix the hair dye according to the manufacturer's instructions. Some dyes may require mixing with a developer or activating agent.
4. Section your hair to make the application process more manageable.
5. Apply the hair dye mixture to your hair, starting from the roots and working your way to the tips. Use a brush or an applicator to ensure even coverage.

Processing Time:

6. The processing time may vary based on the type of hair dye and the desired color change. It can range from 10 minutes for quick refreshment to 30-45 minutes for more dramatic color changes with permanent dyes.
   Follow the manufacturer's instructions regarding the processing time for optimal results.

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7. Rinse your hair thoroughly with cool water until the water runs clear. Follow up with the recommended after-care products provided by the hair dye brand.
8. This may include a color-safe conditioner to nourish and protect your newly colored hair.

Different Processes for Different Colors:
The basic application steps for hair dye are similar across different colors. However, certain types of dyes, such as temporary or semi-permanent ones, may require a shorter processing time compared to permanent dyes. Additionally, achieving certain colors like pastels or vibrant shades may involve pre-lightening the hair (bleaching) before applying the desired color.

Important Tips:
- AGAIN, we DON'T recommend you do this yourself!!!
- Always follow the instructions provided by the hair dye manufacturer for the best results and to minimize the risk of hair damage.
- If you're unsure about the hair dye process or want a significant color change, consider consulting a professional hairstylist for expert advice and application.
- Perform a strand test before applying the dye to your entire hair to preview the results and check for any allergic reactions or sensitivities.

CAUTION:
- Hair dye contains chemicals that can cause skin and eye irritation. Avoid contact with your skin and eyes during the application process.
- Use hair dye in a well-ventilated area to avoid inhaling fumes.
- Do not use hair dye on damaged or overly processed hair, as it can worsen hair health. If you have recently used other chemical treatments on your hair, consult a professional hairstylist before using hair dye to avoid potential reactions or damage.
- Overuse or misuse of hair dye can lead to hair damage, so follow the instructions carefully and avoid excessive processing.

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Balayage, Highlights, Lowlights

Balayage: Balayage is a French hair coloring technique that involves hand-painting highlights onto the hair. The result is a soft, natural-looking color transition, with the color concentration being higher towards the ends. Balayage gives a sun-kissed effect, enhancing the hair's dimension and adding a touch of brightness. It's a low-maintenance option as the regrowth lines are less noticeable compared to traditional highlights.

Application Steps:
Balayage is best done by a skilled professional hairstylist. They will hand-paint the color onto your hair, ensuring a personalized and natural result.

What to Ask a Qualified Professional for:
Request a consultation to discuss the desired balayage effect, including the placement of highlights and the desired level of contrast.

Highlights: Highlights involve lightening sections of the hair to create contrast and add brightness. Foils are often used to separate and isolate the highlighted sections, resulting in a more uniform color distribution. Highlights can vary in thickness and can be applied all over the head or selectively for a more subtle effect.

Application Steps:
A qualified professional hair stylist will section the hair and apply the lightening product to the chosen strands, usually wrapping them in foils to process.

What to Ask a Qualified Professional for:
Discuss the type of highlights you desire (e.g., natural, chunky, face-framing) and the level of lightening you want to achieve.

Lowlights: Lowlights involve adding darker shades to the hair, creating depth and dimension. They are often used to complement highlights or balayage and can add richness to the overall hair color. Lowlights can be an excellent option for those seeking more contrast and a multidimensional look.

Application Steps:
Lowlights are applied to selected sections of the hair, typically using a color that is a few shades darker than the natural hair color.

What to Ask a Qualified Professional for:
Discuss the desired lowlight placement and the depth of color you want to achieve.

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Doses and Application Time:
The quantities of color products used (bleach for highlights, color for lowlights) will vary depending on the hair's length, density, and the desired effect. It's essential to rely on a qualified professional's expertise to determine the correct amounts for your specific hair type. Application time will also depend on the hair's starting color, desired level of lightening or darkening, and the product used. Again, a professional can assess and monitor the hair's progress during the process.

Qualified Professional Suggestion:
For optimal and customized results, it is highly recommended to visit a qualified professional hairstylist or colorist for balayage, highlights, or lowlights. These techniques require skill and precision to achieve the desired look and minimize damage to the hair. A professional can tailor the color application to suit your individual hair type, face shape, and personal preferences, ensuring ideal results.

CAUTION : Side Effects and Considerations Before undergoing any hair coloring technique like balayage, highlights, or lowlights, it's essential to be aware of potential side effects and considerations:

Hair Damage: Hair coloring involves the use of chemical products that can strip the hair of its natural moisture and lead to dryness and breakage. Excessive or improper use of lightening products can cause severe damage to the hair. Always consult with a professional to assess the condition of your hair and determine the best approach to minimize damage.

Allergic Reactions: Some individuals may experience allergic reactions to the hair coloring products, especially if they contain certain ingredients like ammonia or paraphenylenediamine (PPD). Before getting your hair colored, conduct a patch test to check for any adverse reactions or consult a dermatologist if you have a history of allergies.

Uneven Results: DIY hair coloring can lead to uneven or patchy results, particularly when using highlights or lowlights. Achieving a balanced and seamless color distribution requires professional expertise and precision.

Color Fading: Over time, hair colors, especially bright or fashion colors, may fade due to washing, exposure to sunlight, and styling. Consider using color-safe hair care products and scheduling regular touch-up appointments to maintain your desired color.

Hair Porosity: The porosity of your hair can affect how it absorbs and retains color. Highly porous hair may grab color more intensely, while low porosity hair may require more processing time for color to penetrate. A professional can determine your hair's porosity and adjust the coloring process accordingly.

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Hair Type and Health: The natural texture and health of your hair can influence how it reacts to coloring products. Coarse or damaged hair may require special attention during the coloring process to ensure optimal results and minimize damage.

Maintenance: Colored hair generally requires more maintenance to preserve the color's vibrancy and overall health. Follow your stylist's advice on proper hair care routines and avoid excessive heat styling, which can further damage colored hair.

All of these procedures can be done at a salon. Go to google maps, type “salons near me” , call them and ask if they do the procedure you want just to confirm. Then book an appointment

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Hair Chalk

Hair Chalk: Hair chalk is a temporary and non-permanent hair coloring method that allows you to add vibrant or pastel colors to your hair for a fun and playful look. Hair chalk is available in various shades, and it's an excellent option for those who want to experiment with different colors without making a long-term commitment. It works by coating the outer layer of the hair with pigmented chalk particles, giving a colorful effect that can be easily washed out.

Application Steps:
Preparation: Before applying hair chalk, make sure your hair is clean and dry. Avoid using any hair care products like oils, gels, or serums, as they can inhibit the chalk's adhesion.

Protective Measures:
Wear old clothing or drape a towel around your shoulders to avoid staining your clothes. Additionally, use disposable gloves to prevent color transfer to your hands. Hair Sectioning: To ensure even distribution of color, divide your hair into small sections using hair clips or ties. Smaller sections allow for more precise application.

Apply Hair Chalk: Take a small amount of hair chalk and rub it directly onto the selected hair strands. You can apply multiple colors and blend them for a custom look.

Blending: If you want a more blended and softer appearance, use a sponge or brush to blend the colors together.

Heat Setting (Optional): For longer-lasting results, you can use a flat iron or hair straightener on the chalked hair. The heat helps set the color particles into the hair shaft.

Different Processes for Different Colors:
The application process for hair chalk is generally the same for all colors. However, some vibrant or dark colors may require slightly more pressure during application to achieve a more intense color payoff. Lighter or pastel colors may appear more subtle and might benefit from blending multiple layers for better visibility.

Doses and Application Time:
The amount of hair chalk used will depend on the desired intensity of color and the extent of the colored sections. Hair chalk is applied topically, and you can use as much or as little as you like. The application time is relatively quick, and you can achieve your desired colored look in minutes.

Removal:
Hair chalk is temporary and can be washed out with regular shampooing. It's essential to avoid using light-colored towels or bedding immediately after applying hair chalk to prevent color transfer.

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Caution:
While hair chalk is generally safe and non-damaging, excessive and repeated use may cause dryness or stiffness in the hair. If you have light-colored or porous hair, be cautious, as some vibrant shades might leave a slight stain on the hair, especially when used on unbleached hair. Always read the product instructions and perform a strand test before full application to check for any unexpected reactions.

Video Tutorial : CLICK ME

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Hair Mascara

Hair Mascara: Hair mascara is a temporary and easy-to-use hair coloring product that resembles traditional mascara for lashes. It is designed to add quick and temporary pops of color to specific hair sections or strands. Hair mascara is available in various colors, including vibrant shades and metallic tones, providing a fun way to experiment with different looks without a long-term commitment.

Application Steps:

Preparation:

1. Start with clean and dry hair. Avoid using any hair care products like oils or leave-in conditioners before application, as they can affect the adherence of the hair mascara.
2. To prevent color transfer, place a towel or cloth around your shoulders or wear an old T-shirt.
3. Divide your hair into small sections using hair clips or ties. This allows for more precise application of the hair mascara.
4. Gently twist or swipe the hair mascara brush onto the selected hair strands. The brush is designed to be narrow, allowing you to control the color application with ease.

Blending (Optional):
If you want to create a more blended or subtle look, use your fingers or a comb to blend the colored sections with the rest of your hair.

Different Processes for Different Colors:
The application process for hair mascara remains consistent across all colors. However, the visibility of the color might vary based on your hair's natural color. Lighter hair colors might showcase the hair mascara's vibrancy more prominently, while darker hair colors may yield a more subtle effect.

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Doses and Application Time:
Hair mascara is applied topically, and you can use as much or as little as you like. The application time is quick, and you can achieve a colored look in just a few minutes.

Removal:
Hair mascara is a temporary coloring product, and it can be easily washed out with regular shampooing. It is essential to avoid rubbing or scratching your hair while the mascara is applied to prevent color transfer.

Caution:
Hair mascara is generally safe for most hair types. However, it's essential to use the product as directed and avoid getting it into your eyes. If you have light-colored or porous hair, be cautious with highly pigmented hair mascaras, as they might leave a slight stain on the hair, especially when used on unbleached hair. Perform a patch test before full application to check for any unexpected reactions. Additionally, avoid using heat styling tools on hair with hair mascara to prevent color transfer or damage. Always read the product instructions and recommendations for the best results.

Video Tutorial : CLICK ME

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Bleach + Toner

Bleach + Toner :
Bleach and toner are commonly used together as a two-step process to achieve lightened hair and neutralize unwanted undertones. Bleaching lifts the natural hair color by removing its pigments, while toner is used to refine and balance the resulting shade. This combination is often used to achieve various lightened hair looks, such as platinum blonde or ash blonde.

Application Steps:
Sectioning:
Start by sectioning your hair to ensure even application of the bleach and toner.

Preparation:
Mix the bleach and developer according to the product instructions. The strength of the developer will depend on your hair's starting color and the desired level of lightning. A higher volume developer is used for darker hair, while a lower volume developer is used for lighter hair.

Applying Bleach:
Begin applying the bleach to the selected hair sections, starting from the tips and working your way up towards the roots. The application time will vary based on your hair's starting color and the desired lightness. It's essential to monitor the process to avoid over-bleaching.

Rinsing and Shampooing:
Once the desired level of lightning is achieved, rinse out the bleach thoroughly. Follow with a color-safe shampoo to remove any residual bleach.

Toner Application:
Mix the toner according to the product instructions. Toner comes in various shades, such as ash, silver, or pearl, and is used to counteract unwanted warm undertones that may appear after bleaching.

Applying Toner:
Apply the toner to the hair sections that were lightened. The toner's application time will depend on the desired color result and the product's instructions.

Rinsing and Conditioning:
Once the toner has processed, rinse your hair thoroughly and follow up with a color-safe conditioner to nourish and hydrate the hair.

Doses and Application Time:
The quantities of bleach and toner used will depend on your hair's length, density, and the desired level of lightening and toning. The application time will also vary based on these factors

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and the products used. Always follow the product instructions and perform strand tests to determine the appropriate application time for your hair.

Caution:
Bleaching is a chemical process that can cause damage to the hair, especially when not done correctly or if hair is already damaged. It's crucial to seek the assistance of a qualified professional hairstylist or colorist to minimize the risk of damage and achieve the desired results. Over-bleaching can lead to breakage, dryness, and an uneven color result. Additionally, toner can sometimes produce unexpected results, so a strand test is essential to determine the toner's effect on your hair. Always follow the product instructions and avoid overlapping bleach on already lightened sections to prevent excessive damage. Regular deep conditioning treatments are recommended after bleaching and toning to restore moisture and maintain hair health.

Video Tutorial : CLICK ME (we do NOT recommend you do this yourself)

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Niche Hair Colors

There are some niche hair colors that can look good on certain people. These niche hair colors are never natural and are usually achieved via hair dye. The most common being very blonde or white hair.

More often than not, uncommon colors do not look good. But they will make you stand out and give you a better chance when talking with certain people. We do not recommend it but if you do decide to dye your hair an unnatural color we think white or dark black is the best option.

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Ways to Change Your Hair Type

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- Straight
- Wavy
- Curly
- Coily

Straight :
Straight To Wavy

Curling Wands: Use a curling wand with a medium-sized barrel to create loose waves. Wrap small sections of hair around the wand, leaving the ends out for a more relaxed look. Hold the wand vertically for a natural wave pattern. Be mindful of the heat setting to avoid excessive heat damage to the hair.
Link : CLICK ME
Video Tutorial : CLICK ME

Curling Creams: Apply a curling cream or mousse to damp hair before styling. These products help enhance the natural wave pattern and provide hold. Work the product through your hair using your fingers to ensure even distribution. Air-dry or use a diffuser to preserve the wavy texture.
Link : CLICK ME
Video Tutorial : CLICK ME

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Sea Salt Spray: Spritz a sea salt spray onto dry or damp hair and scrunch to create beachy texture and waves. This product gives a tousled, windswept effect. Get our sea salt spray at cleancutcosmetics.com for optimal results.
Link : CLICK ME
Video Tutorial : CLICK ME

Braid Waves: Create loose braids in damp hair and leave them in overnight. In the morning, unravel the braids to reveal natural-looking waves.
Video Tutorial : CLICK ME (Mostly Works For Long Hair Only)

Perm (Best Option):
Consult with a professional stylist to determine the best type of perm for your hair. Our recommendation for wavy hair is peach rods everywhere (on the top, back and sides) but over time the perm fades so if you get curly hair with smaller rods your perm will get curly then over time get wavey.
Keep in mind that larger the perm rod size is, the less curly the perm will be.
This is probably one of the best solutions long term.
The stylist will apply a waving lotion to your hair and wrap it around perm rods. The waving lotion processes for a specific time, and then a neutralizing solution is applied. After rinsing and drying, you'll have long-lasting wavy hair.
Video Tutorial : CLICK ME

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Straight To Curly

Perm (Best Option):
Consult with a professional stylist to determine the best type of perm for your hair.
Our recommendation for curly hair is peach curlers on the top and back, with peach curlers on the sides
Keep in mind that smaller the perm rod size the curlier your perm will be
This is probably one of the best solutions long term.
The stylist will apply a waving lotion to your hair and wrap it around perm rods. The waving lotion processes for a specific time, and then a neutralizing solution is applied. After rinsing and drying, you'll have long-lasting wavy hair.

Sea Salt Spray: Spritz a sea salt spray onto dry or damp hair and curl your hair with your finger. After scrunch up your hair into a curly ball. Get our sea salt spray at cleancutcosmetics for optimal results. Link : CLICK ME

Bantu Knots: Divide damp hair into small sections and twist each section into a small knot. Allow the hair to air-dry or use a diffuser. Undo the knots to reveal curly hair.
Video Tutorial : #1CLICK ME #2CLICK ME

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Straight To Coily
This is extremely hard to achieve you may need to use multiple methods for wavy and coily hair to achieve this kind of hair type.

Twists and Twist Outs (Best Option): Divide damp hair into small sections and twist each section tightly to create coils or kinky curls. Allow the hair to air-dry or use a diffuser to speed up the process. Once dry, undo the twists for defined coily/kinky hair.
Video Tutorial : #1CLICK ME (Best For Long Hair)

Perm :
Consult with a professional stylist and ask for the smallest perm rod possible.

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Wavy :

Wavy to Straight

Blow Drying with a Brush: Wash your hair with a smoothing shampoo and conditioner to prep it for straightening. Use a heat protectant spray before blow-drying. Section your hair and use a round brush to blow-dry each section straight, directing the airflow downwards. Use the cool shot setting on your blow dryer to set the straightened hair.
Video Tutorial : CLICK ME

Flat Ironing (Best Option): Start with clean, dry hair and use a heat protectant spray. Section your hair and use a flat iron to straighten each section from root to tip. Choose a flat iron with adjustable heat settings and set it to a suitable temperature for your hair type.
Link : CLICK ME
Video Tutorial : CLICK ME

Chemical Straightening (Relaxing): Consult with a professional stylist to determine the best type of chemical straightening for your hair. The stylist will apply a chemical relaxer to your hair, which breaks down the natural curl pattern. After a specific processing time, the relaxer is rinsed out, and a neutralizer is applied to set the straightened hair.

Keratin Treatment: Get a keratin treatment at a salon, which helps smooth and straighten the hair. The treatment involves applying a keratin solution to the hair and sealing it in with heat. The hair is then flat ironed to lock in the straightening effect.

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Wavy To Curly

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Wavy To Coily

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Curly :

Curly To Straight

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Link : CLICK ME
Video Tutorial : CLICK ME

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Curly To Wavy

(Very hard to do)

Keratin Treatment: Get a keratin treatment at a salon, which helps smooth and straighten the hair. The treatment involves applying a keratin solution to the hair and sealing it in with heat. The hair is then flat ironed to lock in the straightening effect. **+** Sea Salt Spray (Or wavy product) You have to transform your hair from curly to straight chemically before you swtich from straight to curly which is why its so hard to go from curly hair to wavy hair. Talk to the person doing your treatment beforehand about what you want your hair to look like in the end.

Curly To Coily

Comb Coils : Comb coils are a hairstyling technique often used to create defined and uniform coils or coils that resemble the shape of a comb's teeth. This method is commonly used by individuals with natural hair textures, particularly those with tightly coiled or kinky hair. Its hard to explain so watch this video
Link : CLICK ME

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Coily:

Coily To Straight

Flat Ironing (Best Option): Start with clean, dry hair and use a heat protectant spray. Section your hair and use a flat iron to straighten each section from root to tip. Choose a flat iron with adjustable heat settings and set it to a suitable temperature for your hair type.
Link : CLICK ME
Video Tutorial : CLICK ME

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Keratin Treatment: Get a keratin treatment at a salon, which helps smooth and straighten the hair. The treatment involves applying a keratin solution to the hair and sealing it in with heat. The hair is then flat ironed to lock in the straightening effect.

Coily To Wavy + Coily To Curly

Its hard to achieve wavy or curly hair if you have very coily hair. Your best option is to straighten it, and then let it sit. After use products like sea salt spray for wavy hair or curl cream for curls. Its possible to get your hair straightened and then go right into a perm for long lasting results. BUT, you will be sacrificing your hair heath for aesthetics. The choice is yours.

Just to sum things up, if you want wavy hair or curly hair with hair type 4. You need to straighten your hair first, then make it curly.

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Hair Type Maintenance

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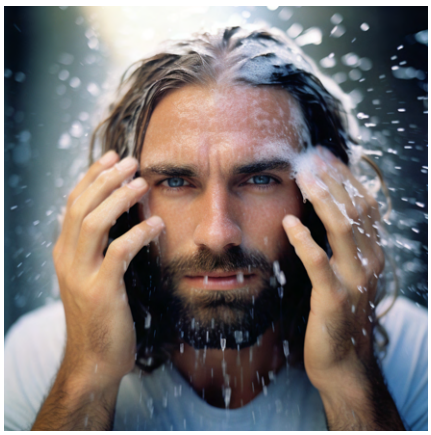
- Hairtype 3
- Hairtype 4

Hairtype 1

Maintenance Properly caring for your Type 1 hair is crucial to keep it looking its best. Here are detailed tips for maintaining and enhancing your straight, fine hair:

Regular Washing: Type 1 hair is prone to getting oily, so it's essential to maintain a regular wash schedule. Washing your hair every two to three days will help control oil production and keep your hair clean. Clean, refreshed hair tends to appear more voluminous than dirty hair. However, avoid washing it too frequently, as this can lead to increased oil production. Note: It's worth mentioning that some people may not understand or accept the idea of washing hair less frequently. If you encounter criticism for washing your hair every two to three days, you can either choose to address their concerns or politely educate them about the benefits of this routine.



Rinse with Cold Water: When washing your hair, use cold water to rinse. It doesn't need to be ice-cold; make it comfortable. Cold water not only removes impurities, dirt, and oil from the scalp but also helps your hair stay cleaner for longer periods. This is especially helpful on days when you can't find the time to wash your hair, even after a few days since the last wash.

Use Hair Products Sparingly: Avoid overloading your thin, flat, fine hair with too many hair products. Using excessive products will weigh down your lifeless strands and can make them

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appear greasier than they already are. Steer clear of products that add moisture to your hair, as Type 1 hair is already the oiliest among all hair types. Use shampoo regularly, ideally every other day, to keep the hair clean and fresh.

Avoid Sleeping with Wet Hair: Going to bed with wet hair is not recommended for Type 1 hair. It can lead to unnecessary frizz and tangles, causing more damage to your strands. Make sure your hair is dry before bedtime. If you must sleep with damp strands, apply a leave-in conditioner to provide slip and protection.

Regular Hair Trims: Schedule regular trims to remove dead ends and breathe new life into your flat hair. The longer you go without cutting your hair, the more weighed down it may become. Trimming will help maintain the fullness and health of your Type 1 hair. Consult with your hairstylist to determine the best frequency for trims based on your specific hair needs

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Hairtype 2

Type 2 Hair Caring for your wavy hair requires special attention to maintain its natural texture and enhance its beauty. Follow these detailed tips to keep your wavy hair looking healthy and defined:

Find a Shampoo for Wavy Hair: Wavy hair tends to be drier than straight hair, so over-washing can strip away essential oils. Shampooing once a week is generally sufficient to clean your hair without removing too much moisture. When choosing a shampoo, opt for one specifically designed for wavy or curly hair. Look for a gentle, hydrating, and frizz-fighting formula to maintain your hair's shine and health.
Our recommendation Link : CLICK ME

Condition—A LOT!: Conditioning is a crucial step in your wavy hair care routine. Look for a thick, deep curl-defining conditioner enriched with hydrating oils and moisturizing ingredients like glycerin. Apply the conditioner both before and after shampooing to soften and detangle your curls effectively. On days when you skip shampooing, refresh your curls by using conditioner alone in the shower.
Our recommendation Link : CLICK ME

Deep Condition Often: Keep your wavy hair nourished and frizz-free by incorporating regular deep conditioning treatments. Even on days when you don't shampoo, apply a nourishing, frizz-fighting hair oil to your dry hair. This will help keep your curls feeling soft, hydrated, and bouncy. For those with extra dry and frizzy curls, consider using a smoothing hair mask once a week to provide deep moisture.

Strike a Balance Between Moisture and Strength: Balancing moisture and strength is essential for maintaining the health and elasticity of your wavy hair. Look for hair products that contain vital nutrients and silk proteins to strengthen and define your curls. These formulas help protect your hair's structure and ensure it remains resilient and healthy.

Lay off the Heat: Heat can lead to dryness and damage, especially for naturally dry wavy hair. Minimize the use of heat styling tools and opt for curl-defining products like air dry wave foam to style your hair. If you must blow-dry your hair, use a diffuser on the lowest setting to disperse the heat evenly and minimize friction. After showering, rinse your locks with cool water to seal the cuticles and lock in moisture.

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Hairtype 3

Caring for your type 3 curly hair requires specific techniques and products to maintain its beautiful texture and keep frizz at bay. Follow these detailed tips to keep your curls healthy and defined:

Choose Shampoo Wisely: Opt for a mild shampoo free of harsh chemicals like sulfates, silicones, alcohols, and parabens that can irritate your scalp and dry out your curls. Look for formulas with mild surfactants, no fragrance, and sulfate-free, silicone-free, and paraben-free ingredients.

Avoid Excessive Shampooing: Curly hair tends to be drier, so avoid over-washing to preserve its natural moisture. Shampooing once a week is often enough to cleanse your hair without stripping away essential oils. Focus on using a moisturizing conditioner to keep your hair cuticles sealed and protected against environmental damage.

Pre-Shampoo Treatment (Optional) : Embrace the benefits of a pre-shampoo treatment to detangle and reduce frizz in your curly hair. Apply a hair mask or conditioning oil to dry hair, section by section, and leave it on for 20 minutes. You can enhance the effects by using a shower cap or towel to trap some heat, allowing the conditioner to penetrate your hair thoroughly. Never Brush

Curly Hair: Avoid using brushes on your curly hair, as they can disrupt your natural curl pattern and cause damage. Instead, use a wide-toothed comb to gently detangle your hair before shampooing. After washing, use your fingers to comb through your hair gently.

Hair Styling With Moderate Heat: Minimize heat styling to protect your curls from dryness and damage. If necessary, use a heat protectant spray and opt for moderate heat settings. A diffuser attachment on a low setting can help distribute heat evenly and enhance your natural curls without compromising their texture.

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Use A Very Wide-toothed Comb: Stick to a wide-toothed comb for detangling your curly hair. Begin from the bottom and work your way up to minimize breakage. Treat each curl with care, as they are delicate and prone to damage.

Always Use Cold Water For Hair: Rinse your hair with cold water during your hair care routine. Hot water showers can strip away natural oils and open the hair cuticles, leading to frizz and breakage. Cold water rinses seal the cuticles, keeping your hair hydrated and defined.

Trim To Avoid Split Ends: Regular trims every 6-8 weeks help maintain healthy curly hair by removing split ends and damaged hair. Trimming allows your curls to look and feel vibrant and bouncy.

Curly Hair Sleep Routine: Embrace the "pineapple trick" during your sleep routine for curly hair. Gather your hair into a loose bun or ponytail on top of your head to reduce friction between your hair and the pillowcase. Using satin or silk pillowcases can further minimize friction.

If you want to try a Natural Treatment For Healthy Curly Hair: Here are the ingredients :
Make a mask of olive oil, eggs, vinegar, and mayonnaise for protein and moisture. Avocado, honey, and olive oil masks add moisture and shine to dry curls. Apple cider vinegar, milk, fenugreek seeds, and hibiscus can be used as natural treatments for healthy curly hair. Keep in mind this smells BAD and isn't recommended unless you're obsessed with your hair.

Moisturize: Oiling your hair regularly helps improve blood circulation to the scalp, promoting healthy hair growth. Opt for light and non-greasy oils like coconut oil, jojoba oil, or olive oil to moisturize your curly hair. One SUPER easy to do this is by combining water and oil like jojoba oil in a spray bottle. Fill one part water, one part oil, shake it and spray it around your hair. This makes everything super convenient, fast and easy.

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Hair Type 4

Type 4 hair is the most delicate and fragile hair texture, requiring extra care and attention. The key to maintaining type 4 hair is consistent and thorough moisturization. Handle your hair with care, as it is prone to breakage and tangles. With some tender loving care and gentle handling, your natural type 4 hair can grow longer, stronger, and healthier.

Washing Tips: Shampoo infrequently, ideally once a week or every two weeks. Experiment with your hair care regimen to find what works best for your hair. Remember that wet hair is in its most vulnerable state, so be gentle when handling it. Concentrate shampoos on your scalp rather than the lengths and ends of your hair. Avoid products containing sulfates, silicones, and parabens, as they can dry out your hair.

Moisturizing: Use generous amounts of conditioner on wet hair to provide moisture and facilitate detangling. Look for products with excellent slip to make detangling easier. Be gentle with your curls, as they are delicate. Moisturize your hair daily with leave-in conditioners, moisturizers, or steam to keep your curls soft and hydrated at all times. Opt for intense hydration products to enhance the effectiveness of your moisturizing routine. If your hair remains hydrated throughout the day, you are on the right track. Seal moisture into your hair by applying oils to the ends, enhancing your curls' definition and minimizing frizz. Ensure you also apply oils to the roots to maintain their optimal health.

Deep Conditioning: Deep condition your hair every 1-2 weeks to infuse moisture and nourishing ingredients, promoting strength and protecting it from damage. If your hair feels weak or lacks elasticity, use a protein conditioner to strengthen the hair follicles and prevent breakage. For type 4C hair, deep conditioning once a week is particularly beneficial for softening, strengthening, and moisturizing the hair. Consider using hair butters, natural oils, and moisturizers for deep conditioning.

Protective Styling: Embrace protective styling to minimize manipulation and preserve your hair's health. Protective styles such as braids, twists, buns, or updos can shield your curls from external stressors and retain moisture.

Nighttime Care: Wrap your hair in a silk hair wrap or sleep on a silk pillowcase to protect it from rubbing against cotton, which can cause bed head and tangles. This will also help your hair retain the moisture you diligently worked to restore.
Our recommendation : CLICK ME

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Stay hydrated If you are not well hydrated, it will reflect on your skin and hair. So, drink water and stay hydrated all the time.

Use water Water is the best moisturizer your hair will ever need. Maintain a simple routine of spraying water on your hair whenever you feel it's dry. You can do this every other day, twice a week or daily depending on what you prefer. One of the best things we have learned through trial and error is that 4C hair loves water, this is contrary to what we were told growing up.

Use a good moisturizer A good moisturizer for 4C hair must always have water as the first or second ingredient. It should have the ability to bring back dry and damaged curls back to life. Always check the ingredient list before settling on a moisturizing product.

Deep Condition One of the most important ways to moisturize natural hair is a consistent deep conditioning routine. Deep conditioners sit in your hair long enough to penetrate the strands by packing your hair with the moisture and nutrients it needs to thrive. A good deep conditioner should contain deep penetrating ingredients. This is one of the factors that makes deep conditioning different from regular conditioning.

Minimize heat exposure To keep your 4C hair moisturized and healthy, minimize exposure to heat. Using flat irons and blow dryers too frequently will strip the moisture out of your hair, leaving it dry and brittle. Once you lose the moisture, it takes a while for natural oils to re-moisturize your hair thereby leaving it at a higher risk of damage

Sleep in a satin bonnet Cover your hair with a satin bonnet or scarf to retain moisture while you sleep. This will ensure that moisture is not lost. Silk is an animal protein fiber, while satin is a fiber weave. There are differences between the two, but either one will prevent moisture loss overnight, along with normal snags and split ends from friction.

Wear protective styles Wearing your hair in protective hairstyles works to protect your hair from over exposure to the drying elements. The styles keep your hair and especially the brittle ends well tucked in. When wearing the protective style always remember to keep re-moisturizing.

Lock moisture using LOC Method LOC method is hands down one of the best methods to keep natural 4C hair moisturized. It consists of hydrating the hair with water or a water-based product which is your liquid, sealing in the moisture with an oil and then applying a cream to close the hair cuticles to prevents moisture loss and hair damage through breakage.

How to lock moisture using the LOC method Step 1- Liquid, L in the LOC Method stands for leave-in or liquid, as both are used by curlies to provide the moisture that will be sealed in. I would recommend applying a true moisturizer. The liquid opens up the hair cuticles to allow the moisture to enter your hair strands. Once your cuticles are open, the oil is able to penetrate your hair shafts. This enables hair to become softer and shinier while aiding in moisture retention which helps to reduce damage through hair breakage.

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Step 2: Oil. The first step in the LOC method requires you to choose an oil to seal in the moisture you just added to your hair. Good oils to use in the LOC method are those that can penetrate the shaft and seal in/ lock moisture to be retained for a few days which in turn keeps the hair healthy. These oils include: olive oil, coconut oil, and avocado oil
Step 3: Cream , Lastly, the cream locks in the moisture of the oil so your hair will be moisturized for a longer period of time and this means you won't have to do the LOC method every day. Applying cream to your hair further locks/seals in the already retained moisture by the oil. Most styling creams will help define your curls and keep them from falling throughout the day. Some people may need additional holding products to help hold and define their curls like curling cream, twist and define cream; moisturizing cream .This is depending on personal preference for instance some may need fewer products to keep their curls from being weighed down. Many people with 4C hair choose to prepare their hair for the LOC method by co-washing their hair to avoid losing moisture and to keep their hair manageable. Benefits of locking moisture Moisture retention is the top benefit of using the LOC method. Moisturized hair leads to less breakage meaning less damaged hair because the hair is more pliable for manipulation, which in return also means less shedding. Applying products through the LOC method allows your hair to remain moisturized for longer periods of time without the need to refresh the style. When it seems like your hair dries out after one day, the LOC method can provide up to 2-3 days of hydrated hair if applied correctly.
Keep your hands off Sometimes you may want to feel your curls every time they are in perfect shape or when they are fresh. Touching your hair too frequently will make it dry out faster.

CAUTION:
Be cautious with the amount of manipulation your hair undergoes, as type 4 hair is delicate and prone to damage. Avoid excessive heat styling, chemical treatments, and harsh products. Embrace gentle hair care practices to nurture your unique and beautiful type 4 hair.

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Water Filters

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- Choosing the Right Water Filter for Your Hair
- Water Filter Maintenance

Intro

The health and appearance of our hair are influenced by numerous factors, and one crucial but often overlooked element is the quality of water we use for washing our hair. The water we use directly affects the health, texture, and overall condition of our locks. Hard water, which contains high mineral content like calcium and magnesium, can leave hair feeling dry, dull, and tangled. It can also lead to issues like dandruff and hair loss. To counter the negative effects of hard water and enhance hair health, investing in a good-quality water filter for your showerhead is a wise decision. A water filter can help remove impurities, reduce mineral buildup, and provide softer and gentler water for your hair care routine. Water filters have a positive impact on Hair Health, Scalp Health, Hair Color Maintenance, Reducing hair damage, and Enhancing Product Performance. In this section, we will explore the significance of water quality for hair health and delve into the world of water filters. Understanding the types of water filters available and how they work will enable you to make an informed decision for your specific hair care needs. We will also discuss the benefits of using water filters, especially for those dealing with hard water issues.

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Understanding Water Filters

There are various types of water filters available, each offering specific benefits and functionality. Let's explore the common types of water filters and how they work:

Types of Water Filters:

Showerhead Filters: Showerhead filters are easy-to-install devices that attach directly to your showerhead. They are specifically designed to filter the water as it flows through, ensuring that your hair and body are exposed to filtered water during every shower. These filters typically use a combination of filtration media, such as activated carbon, KDF (Kinetic Degradation Fluxion), and ceramic balls, to remove chlorine, sediment, heavy metals, and other impurities from the water.

Faucet Filters: Faucet filters are installed directly onto the faucet, providing filtered water for various purposes, including hair washing. These filters are suitable for individuals who prefer using filtered water for specific tasks, such as rinsing hair or filling a basin for hair treatments. Like showerhead filters, faucet filters utilize various filtration technologies to purify the water.

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Whole House Filters: Whole house filters are comprehensive water filtration systems installed at the main water supply point of your home. These filters treat all the water coming into your house, including water for showers, faucets, and appliances. Whole house filters are the most extensive and efficient option for improving water quality throughout your home, benefiting both hair care and overall household health.

Choosing the Right Water Filter for Your Hair

Now, it's good to know what kind of filter you're buying but what's the point of getting general advice. At Maled.org we are going to give you step by step directions with links included.

Showerhead Filters are the easiest water filtering system by far and are also the cheapest. This is going to affect your hair more than any other kind of water filter. While faucet filters are good most people are not filtering bottles up with water and washing their hair with it.

The best showerhead water filters are (not sponsored or affiliated) :

Aquasana AQ-4100 Deluxe Shower Water Filter System with Adjustable Showerhead Link : CLICK ME

This water filter comes with a different water head, and filters the water from your shower very well.

Aqua Earth 15 Stage Shower Filter with Vitamin C (Cheaper Option) Link : CLICK ME

This filter does not come with a different water head which is good in our opinion because you can screw in your old head or get a nice newer one with multiple shower head options.

Whole house filters are usually $5000-1000 usd. They also need a professional to install them so we won't be going over them in depth. With that being said google “whole house filters' ', find one, call a plumber or contractor if you want one installed.

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Water Filter Maintenance

Proper maintenance of your water filter is essential to ensure its effectiveness in providing clean and purified water for your hair care routine.

In other words, why pay for a water filter if you're not going to clean the filter.

Regular maintenance will help prolong the filter's lifespan and keep it functioning optimally. Here are some essential tips for water filter maintenance:

Replace Filter Cartridges: Most water filters use replaceable filter cartridges that have a limited lifespan. Follow the manufacturer's guidelines for filter replacement intervals. Generally, it is recommended to replace filter cartridges every 3 to 6 months, depending on the filter type and water quality.

Clean Filter Components: Periodically clean the filter components, such as the filter housing and attachments, to prevent any build-up of sediment, mineral deposits, or impurities. Use a soft brush or cloth to clean the exterior of the filter.

Check for Leaks: Regularly inspect the filter for any signs of leaks or damage. If you notice any issues, address them promptly to avoid water wastage and compromised filtration performance.

Flush the Filter: Some filters may have a backwashing or flushing feature that helps clean the filter media. Follow the manufacturer's instructions on how to flush the filter properly.

Test Water Quality: Occasionally test the water quality to ensure the filter is still effectively removing impurities. You can use water testing kits or send a water sample to a certified lab for analysis.

Use Filter Replacement Reminders: Consider using reminders or alerts to prompt you when it's time to replace the filter cartridge. Many filters come with indicators or stickers that can be set to remind you when the filter needs replacement.

Follow Manufacturer's Instructions: Always follow the manufacturer's specific maintenance instructions for your water filter. Different filters may have unique maintenance requirements. By adhering to these maintenance practices, you can ensure that your water filter continues to provide clean and filtered water, benefiting both your hair and overall well-being. Clean and purified water can help maintain the health and vibrancy of your hair, making it easier to manage and style.

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Diet + Supplements

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Supplements

Before we dive into what supplements are helpful, we want to touch on what other companies do. Most companies take advantage of people who have insecurities about their hair. They also often push garbage that doesn't work to their client base.

Before we touch on the few supplements that do help hair health, here are the ones that don't work.

Biotin (Vitamin B7): Biotin is one of the most well-known supplements for hair growth. There are minimal studies showing that it will affect hair. It can help if you're biotin deficiency but that is extremely rare. There is no need to take biotin. It can also contribute to the inaccuracy of specific blood tests. There is a lot more evidence that suggests it may potentially help your nail health, but nothing related to your hair is concrete.

BIOTIN STUDIES
MALE.ORG
Skin Appendage Disord. 2017 Aug; 3(3): 166–169.
Published online 2017 Apr 27. doi: 10.1159/000462981
A Review of the Use of Biotin for Hair Loss
Deepa P. Patel,[a,b] Shane M. Swink,[c] and Leslie Castelo-Soccio[a,*]
Author information Article notes Copyright and License information
Abstract
Skin Appendage Disord
Conclusions
Though its use as a hair and nail growth supplement is prevalent, research demonstrating the efficacy of biotin is limited. In cases of acquired and inherited causes of biotin deficiency as well as pathologies, such as brittle nail syndrome or uncombable hair, biotin supplementation may be of benefit. However, we propose these cases are uncommon and that there is lack of sufficient evidence for supplementation in healthy individuals.

Multivitamins : There are so many we cannot list them all but the majority of them are just a waste of money

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Vitamin C : While many sources suggest it, such as a normal google search, Vitamin C is not going to have any significant impact on your hair.

These are the main three that are total BS, other hair supplements that improve hair growth and prevent hair loss will be covered in the hair growth and hair loss sections.

Before we start recommending supplements, we want to let you guys know. These are NOT needed. We don't suggest you buy them and you probably won't see a significant difference in your hair. Especially because it's hard to measure hair health.

Vitamin D: Plays a significant role in hair health and hair growth. We HIGHLY recommend taking it or getting out into the sun more (with sunscreen so you don't damage your skin). We highly recommend taking it because it has an important role in a lot of things like testosterone, immune system support, cardiovascular health, mood and mental health and so much more.

Fish Oil : Get a high DHA fish oil. It improves hair health as well as a lot of other things.

That's really it. You need other vitamins if you're deficient but most people are not.

Diet

This is going to be one of the most simple sections in this guide. Diet plays a role in hair health, hair growth and hair loss but not a very important one. The main thing that will contribute to hair loss is crash dieting / getting a lack of nutrients. Most diets, even bad ones, are not going to affect your hair in any major ways unless you're severely unhealthy.

We could go on and on about healthy diets. There's so much information it could be an entirely new guide. Just for reference, try to eat food with one label. For example potato chips typically have 50-90 ingredients. But… Potatoes are a one label food. There's not much else, it's just a potato.

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Habits & Hair Products

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- Shampoo
- Conditioner
- Oils

Habits

Hair habits contribute to your hair health so let's touch on the simple do’s and donts.

Do’s

1. **Minimal Heat Styling:** Limit the use of heat styling tools and always apply a heat protectant spray before using them.

2. **Air Drying:** Whenever possible, allow your hair to air dry to minimize heat damage.

3. **Protective Hairstyles:** Opt for protective hairstyles like braids or buns to reduce manipulation and prevent breakage. Regular Trimming: Get regular trims to remove split ends and promote healthy hair growth.

4. **Healthy Diet:** A good way to measure a healthy diet is by looking at the ingredients. Ideally you don't want to eat things with a super high ingredients list. For example, if you go to a store to buy pizza, there's going to be a laundry list of ingredients on it, but when you take whole food like eggs, tomatoes, potatoes, and steak, there's just one ingredient. Obviously, most people won't be able to only eat foods with one ingredient, but it's a good thing to consider when eating a “healthy diet”

5. **Hydration:** Stay hydrated by drinking enough water to promote overall hair and scalp health.
6. Drink about 3.7 liters (125 ounces) of water daily.

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Dont’s

1. **Over Shampooing:** Avoid washing your hair too frequently, as it can strip away natural oils and lead to dryness.

2. **Heat Overload:** Excessive heat styling can damage your hair and cause breakage, so limit the use of hot tools.

3. **Excessive Manipulation:** Avoid constantly touching or playing with your hair to prevent damage and frizz.

4. **Chemical Treatments:** Refrain from frequent chemical processes like bleaching, dyeing, or relaxing, as they can weaken your hair. Obviously there's a balance between wanting to look good and having good hair health. In general we suggest only doing harsh chemical treatments every 4 months maximum.

5. **Tight Hairstyles:** Avoid wearing overly tight hairstyles that can stress your hair and lead to breakage.

6. **Using Harsh Hair Accessories:** Be cautious with hair accessories that may cause friction or damage, like rubber bands with metal clasps.

7. **Ignoring Scalp Health:** Take care of your scalp by keeping it clean and moisturized to support healthy hair growth. We will touch more on scalp health in the scalp health section.

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Shampoo

What is Shampoo?
Shampoo is a hair care product used to clean the hair and scalp. It is designed to remove dirt, oil, sweat, and product buildup from the hair, leaving it clean and refreshed. Shampoos typically contain surfactants, which are cleansing agents that help to lift and remove dirt and oils from the hair shaft. When you massage shampoo into your hair and scalp, the surfactants in the shampoo create a lather that surrounds and traps the dirt and oils, allowing them to be rinsed away when you rinse out the shampoo. Different hair types and conditions may require different types of shampoos to address specific needs effectively. For example, someone with dry hair may benefit from a moisturizing shampoo, while someone with oily hair may prefer a clarifying shampoo to help remove excess oil and buildup. Shampoos will often say on the bottle if they have any specific properties such as moisturizing.

What's the most effective way to use Shampoo??

1. Get your hair wet with warm or cool water. (Preferably cool)
2. Put some shampoo in your hands, about a quarter of your hand palms size.
3. Rub your palms together to spread a little amount of shampoo
4. Next, try to evenly spread the shampoo in the following areas: the front, the middle, the back, the sides, and just above the hairline on the neck.
5. Gently massage your scalp with your fingers in every part of your head.
6. Repeat the procedure two or three more times if your scalp is greasy.
7. To complete, rinse the shampoo off with water.

How much Shampoo should I use?
Everyone says, “don't use too much shampoo ,” or “it’s bad for your hair.” But let’s see if this is true Below are some of the most common hair types that people are familiar with:

Type 1 Hair (Straight): Overdoing it: Shampooing daily or more than once every other day.
Optimal Frequency: Shampoo every other day or every two to three days.

Type 2 Hair (Wavy): Overdoing it: Shampooing daily or more than twice a week.
Optimal Frequency: Shampoo two to three times a week.

Type 3 Hair (Curly): Overdoing it: Shampooing more than once a week.
Optimal Frequency: Shampoo once a week or every 7-10 days.

Type 4 Hair (Coily/Kinky): Overdoing it: Shampooing more than once every 1-2 weeks.
Optimal Frequency: Shampoo once every 1-2 weeks or as needed, depending on scalp health.

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We suggest these brands for shampoo :
Based Bodyworks
Native shampoo
Hawthorne shampoo

Conditioner

What is the point of using Conditioner?
Conditioner is a hair care product used to moisturize, nourish, and improve the overall health and appearance of your hair. Typically, it is applied after shampooing and is designed to provide additional hydration and protection to the hair. The main purpose of conditioner is to replenish and absorb moisture, especially in hair types that are prone to dryness. Examples of these hair types are the following: curly, coily, and kinky. However, conditioners can benefit all hair types by making hair softer, smoother, and more manageable. Notably, conditioners contain various ingredients that help to improve the hair's texture and condition. Below are some of the most common ingredients you might find in conditioners.

Some common ingredients found in conditioners include:

1. **Moisturizing agents:** These ingredients, such as glycerin and panthenol, attract and retain moisture in the hair, preventing dryness and frizz.
2. **Emollients:** Emollients, similar to various oils (e.g., coconut oil, argan oil) and fatty alcohols, coat the hair shaft, providing a smooth and soft texture.
3. **Protein:** Protein-based conditioners can strengthen the hair, making it more resistant to breakage and damage.
4. **Silicones:** These ingredients form a protective barrier around the hair shaft, reducing frizz and adding shine.
5. **Natural extracts:** Some conditioners include herbal extracts and botanicals that offer additional benefits, like soothing the scalp or promoting hair growth. When using conditioner, it's essential to apply it correctly to get the best results.

How to use Conditioner:
After shampooing, squeeze out excess water from your hair and then apply the conditioner from mid-lengths to ends, avoiding the scalp. Allow the conditioner to sit for a few minutes to penetrate the hair strands before rinsing thoroughly. Regular use of conditioner can help keep your hair healthy, moisturized, and more manageable.

How much Conditioner should I use?
The amount of conditioner needed can vary based on hair type and length. With that in mind, let’s take a look at how much each of the most common hair types need.

Type 1 (Straight Hair): For straight hair, use a small amount of conditioner, about the size of a dime or nickel, depending on your hair length. Focus on applying the conditioner to the mid-lengths and ends of your hair, avoiding the roots to prevent weighing down the hair.

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Type 2 (Wavy Hair): Wavy hair benefits from slightly more conditioner than straight hair. Use a quarter-sized amount for shorter hair and increase the amount slightly for longer hair. Apply the conditioner from mid-length to ends, again avoiding the roots.

Type 3 (Curly Hair): Curly hair tends to be drier, so it benefits from more conditioner. Use a generous amount, starting with a palmful for shorter hair and increasing as needed for longer hair. Apply the conditioner thoroughly through the lengths and ends, ensuring all curls are coated.

Type 4 (Coily/Kinky Hair): Coily and kinky hair requires the most moisture, so a generous amount of conditioner is essential. Start with a palmful for shorter hair and increase the amount for longer hair. Apply the conditioner in sections, working it through the hair from roots to ends to ensure complete coverage.

Final words of advice for using conditioner
In summary, remember that the key to using conditioner effectively is to focus on the mid-lengths and ends of the hair, where it's needed most. Avoid applying conditioner directly to the roots, as this can lead to a greasy scalp and weigh down the hair. Additionally, consider the level of dryness and porosity of your hair when determining how much conditioner to use. If your hair feels dry and brittle, you may benefit from using slightly more conditioner to provide extra moisture and nourishment.

Interestingly, a common problem we see men using with conditioner is treating it like shampoo. You put a big glob of it in your hand and spread it around your hair and scalp. This is going to take volume away from your hair, and ideally you want the conditioner on the ends of your hair. NOT your scalp.

This is a GREAT tutorial : CLICK ME

We suggest these brands for conditioner:
Based Bodyworks
Good Fellow conditioner
Hims thinning conditioner

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Oils

Let's explain each oil, their benefits, and how to use them:

1. **Argan Oil:** Argan oil is a lightweight, non-greasy oil derived from the kernels of the argan tree.
   Benefits: It is rich in antioxidants, vitamins, and essential fatty acids that promote hair shine, reduce frizz, and improve hair elasticity.
   How to use: Apply a few drops of argan oil to damp or dry hair. Rub it between your palms and run your fingers through your hair, focusing on the ends and avoiding the scalp.

2. **Jojoba Oil:** Jojoba oil is a liquid wax derived from the seeds of the jojoba plant.
   Benefits: It closely resembles the natural sebum produced by our scalp, making it an excellent moisturizer for both the scalp and hair. It helps balance oil production and provides hydration to dry hair.
   How to use: Apply a few drops of jojoba oil to damp hair after shampooing or on dry hair as a leave-in treatment. Gently massage it into your scalp and hair strands.

3. **Grapeseed Oil:** Grapeseed oil is extracted from the seeds of grapes. Benefits: It is lightweight, easily absorbed, and helps to moisturize and condition the hair without leaving a greasy residue. It also contains antioxidants that support healthy hair. How to use: Apply a small amount of grapeseed oil to damp hair after washing or use it as a finishing oil to add shine and control frizz. Avoid applying it to the roots to prevent greasiness.

4. **Sweet Almond Oil:** Sweet almond oil is derived from the nuts of the almond tree.
   Benefits: It is rich in vitamins and minerals, which nourish and strengthen the hair. It also helps to seal in moisture, improving hair elasticity and reducing breakage.
   How to use: Apply a small amount of sweet almond oil to the ends of damp or dry hair. Gently work it through your hair with your fingers, concentrating on the tips.

5. **Coconut Oil:** Coconut oil is extracted from the meat of coconuts.
   Benefits: It has deep conditioning properties and is rich in lauric acid, which can penetrate the hair shaft to nourish and strengthen it. It can also help reduce protein loss from hair.
   How to use: Apply coconut oil as a pre-shampoo treatment, especially for those with type 3 and type 4 hair. Gently massage it onto your scalp and hair, leave it on for at least 30 minutes (or overnight), then shampoo and condition as usual.

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6. **Avocado Oil:** Avocado oil is extracted from the fruit of the avocado tree. Benefits: It contains vitamins A, D, and E, as well as essential fatty acids that help moisturize and repair damaged hair.
   How to use: Apply a few drops of avocado oil to damp or dry hair. Focus on the ends and areas that need extra hydration.

7. **Jamaican Black Castor Oil:** Jamaican black castor oil is made from roasted castor beans.
   Benefits: It has natural antibacterial and antifungal properties, making it beneficial for scalp health. It also promotes hair growth and helps moisturize dry, brittle hair.
   How to use: Apply Jamaican black castor oil to your scalp and hair, gently massaging it in. You can use it as a scalp treatment or as a hair oil to lock in moisture. When using oils, it's best to apply them to damp or dry hair, depending on your preference and hair type. Avoid applying excessive amounts to prevent greasiness. Remember that a little goes a long way, so start with a small amount and adjust as needed. You can use oils as a pre-shampoo treatment, a leave-in conditioner, or a finishing oil to add shine and moisture to your hair.

How much hair oil should I use?
The amount of hair oil to use and the specific oils to choose can vary depending on your hair type and individual needs. Here are general guidelines for each hair type:

Type 1 Hair (Straight): Recommended Oils: Argan , jojoba , or grapeseed .
Amount: Start with a few drops (3-5 drops) of oil and adjust based on your hair length and thickness. Avoid using too much as it may weigh down your hair.

Type 2 Hair (Wavy): Recommended Oils: Sweet almond , coconut , or avocado . Amount: For medium-length hair, use around a quarter-sized amount. Adjust the quantity as needed based on your hair length and thickness.

Type 3 Hair (Curly): Recommended Oils: Shea butter, olive, or castor (diluted with a carrier oil).
Amount: Use a small dollop or around a dime-sized amount for medium-length hair. Adjust based on your hair's porosity and moisture needs.

Type 4 Hair (Coily/Kinky): Recommended Oils: Jamaican black castor, jojoba, or a mix of essential oils (diluted in a carrier oil like olive oil).
Amount: Use a generous amount for type 4 hair, as it tends to be drier. Start with a nickel-sized amount and apply more as needed, focusing on the ends and strands.

Final words of advice for oils.

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When using castor oil, make sure to use Jamaican black castor oil, which is themore potent and nourishing version. When purchasing essential oils off Amazon or any other platform, ensure they are high-quality and pure, preferably labeled as therapeutic grade. When using essential oils, always dilute them with a carrier oil (like olive, jojoba, or coconut oil) before applying to the hair to avoid skin irritation. Remember, each person's hair is unique, so it's essential to experiment and find what works best for your hair type and individual preferences. Start with a small amount, and if your hair absorbs the oil well and doesn't feel greasy, you can increase the quantity gradually.

DISCLAIMER

Oil is NOT needed but can be a game changer for some people. For others this might make your hair look oily, it all depends on your hair type. We suggest you try some for yourself and see if you like them.

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Scalp Care

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- Importance
- Dandruff: Causes, Symptoms, and Solutions
- Common Scalp Issues and How to Address Them

Importance of Scalp Health for Hair

What is a Healthy Scalp and Its Impact on Hair?
A healthy scalp is the foundation for strong, vibrant hair. It refers to the condition of the skin on your head that supports hair follicles and hair growth. When your scalp is in good condition, it provides the necessary environment for hair follicles to produce healthy hair strands. A well-nourished scalp helps maintain the natural balance of oils and nutrients, promoting hair growth and minimizing issues like hair loss and thinning.

How Scalp Conditions Affect Hair Growth and Appearance :
Various scalp conditions can impact the quality and appearance of your hair. For example, an overly dry scalp can lead to brittle and dull hair, while excessive oiliness may cause limp and greasy hair. Scalp conditions like dandruff, seborrheic dermatitis, and scalp psoriasis can lead to itchiness, inflammation, and flaking, affecting both hair health and confidence.

Taking care of your scalp is crucial for maintaining healthy hair.

Dandruff: Causes, Symptoms, and Solutions

What is dandruff? Dandruff is a common scalp condition characterized by the shedding of dead skin cells from the scalp, often resulting in white or yellowish flakes. It can be accompanied by itching and irritation. Understanding the causes, symptoms, and solutions for dandruff can help you manage and treat this condition effectively. There are a couple main causes

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Malassezia Fungus: The presence of a yeast-like fungus called Malassezia on the scalp can contribute to dandruff. This fungus feeds on the natural oils produced by the scalp and can lead to an overgrowth if not properly balanced.

Dry Scalp: Dry skin can lead to flaking and dandruff. Cold weather, lack of proper moisturization, and frequent use of harsh shampoos can exacerbate this condition.

Seborrheic Dermatitis: This is a more severe form of dandruff characterized by red, greasy, and irritated skin. It can affect areas beyond the scalp, such as the face and chest.

Sensitive Skin: Some individuals have sensitive skin that reacts to certain hair care products, causing irritation and dandruff.

Improper Hair Care: Infrequent or excessive washing, use of harsh shampoos, or not rinsing thoroughly can contribute to dandruff.

Symptoms of Dandruff?

- White or yellowish flakes on the scalp and hair.
- Itching and irritation of the scalp.
- Dryness and redness in the affected areas.
- Flakes on clothing or shoulders.

Spotting Dandruff

- Examine your scalp for white or yellow flakes, especially after scratching
- Check for itching and redness on the scalp.
- Notice if you frequently have flakes on your clothing or in your hair.

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Solutions for Dandruff:

Use Anti-Dandruff Shampoo **(Best Option)**: Look for shampoos containing active ingredients like zinc pyrithione, ketoconazole, salicylic acid, or selenium sulfide. Use these shampoos regularly to control fungal growth and flakes.

Some of our suggestions are :

Head and shoulders anti dandruff shampoo (Zinc pyrithione)

Selsun dandruff shampoo (Selenium sulfide)

Nizoral anti-dandruff shampoo (Ketoconazole)

Neutrogena T/Sal Therapeutic Shampoo (Salicylic acid)

We suggest you go top to bottom, try the first one, if it doesn't work, try the next.

Moisturize: Keep your scalp moisturized with a gentle conditioner or natural oils like coconut oil or jojoba oil.

Avoid Harsh Hair Products: Choose hair care products that are gentle and suitable for sensitive scalps. Avoid products with excessive fragrances or chemicals.

Proper Hair Care: Wash your hair regularly with a suitable shampoo and conditioner. Avoid overwashing, as it can strip your scalp of natural oils. You should be washing your hair more if you have dandruff.

Consult a Dermatologist: If dandruff persists despite using over-the-counter products, consult a dermatologist for professional guidance and treatment options. By understanding the causes and taking appropriate steps, you can effectively manage and control dandruff, promoting a healthy scalp and hair.

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Common Scalp Issues and How to Address Them

Dry Scalp:
What is it: Dry scalp occurs when the skin on your scalp lacks proper moisture, leading to flakiness and itching.

Causes: This can happen for many reasons but the main reason is using shampoo too often or your scalps pores are clogged. (Typically from products your using) Cold weather and low humidity can also cause this but its somewhat rare.

Symptoms: Flaking and white or grayish scales. Itching and irritation. Dryness and tightness in the scalp.

Solutions: Apply natural oils like tea tree oil to the scalp after you get out the shower. Avoid hot water while washing your hair. If this doesn't work, try exfoliating your scalp.
We recommend this exfoliant : CLICK ME
Its cheeper if you don't get it on amazon.
The name is (Salicylic Acid Exfoliating Scalp Treatment by The Inkey list)

Then continue to moisturize.

Seborrheic Dermatitis:
What is it: Seborrheic dermatitis is a chronic skin condition that causes red, greasy, and scaly patches on the scalp.

Causes: Malassezia fungus. Hormonal changes. Stress. Neurological conditions.

Symptoms: Red, inflamed skin with yellowish scales. Itching and burning. Flakiness and dandruff-like symptoms. If you are getting red patches on your scalp go to a doctor

Solutions: Use medicated shampoos containing antifungal agents. Apply topical corticosteroids or antifungal creams. Maintain proper hygiene and avoid harsh hair care products. Consult a dermatologist for customized treatment.
A DERMATOLOGIST IS NEEDED!

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Why We Lose Hair?

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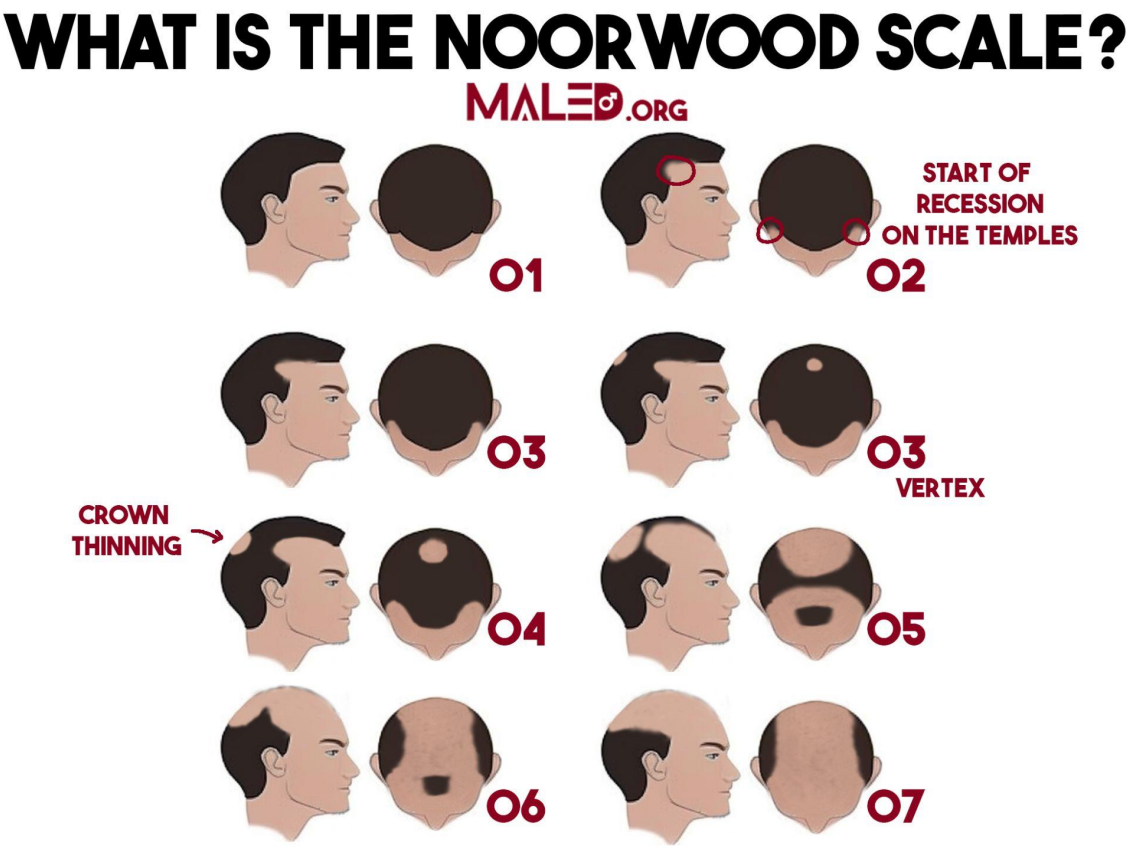
- Types of Hair Loss

Types of Hair Loss

There are many kinds of hair loss so its essential you diagnose your kind of hair loss so you can prevent, and regrow it.

Androgenetic Alopecia (Male/Female Pattern Baldness): This is the most common form of hair loss, affecting both men and women. It is caused by a combination of genetic factors and hormones (specifically dihydrotestosterone or DHT) that leads to gradual thinning of the hair on the scalp. In men, it often results in a receding hairline and baldness on the crown, while in women, it typically leads to thinning hair on the top of the head.

For men, balding starts with the norwood scale.



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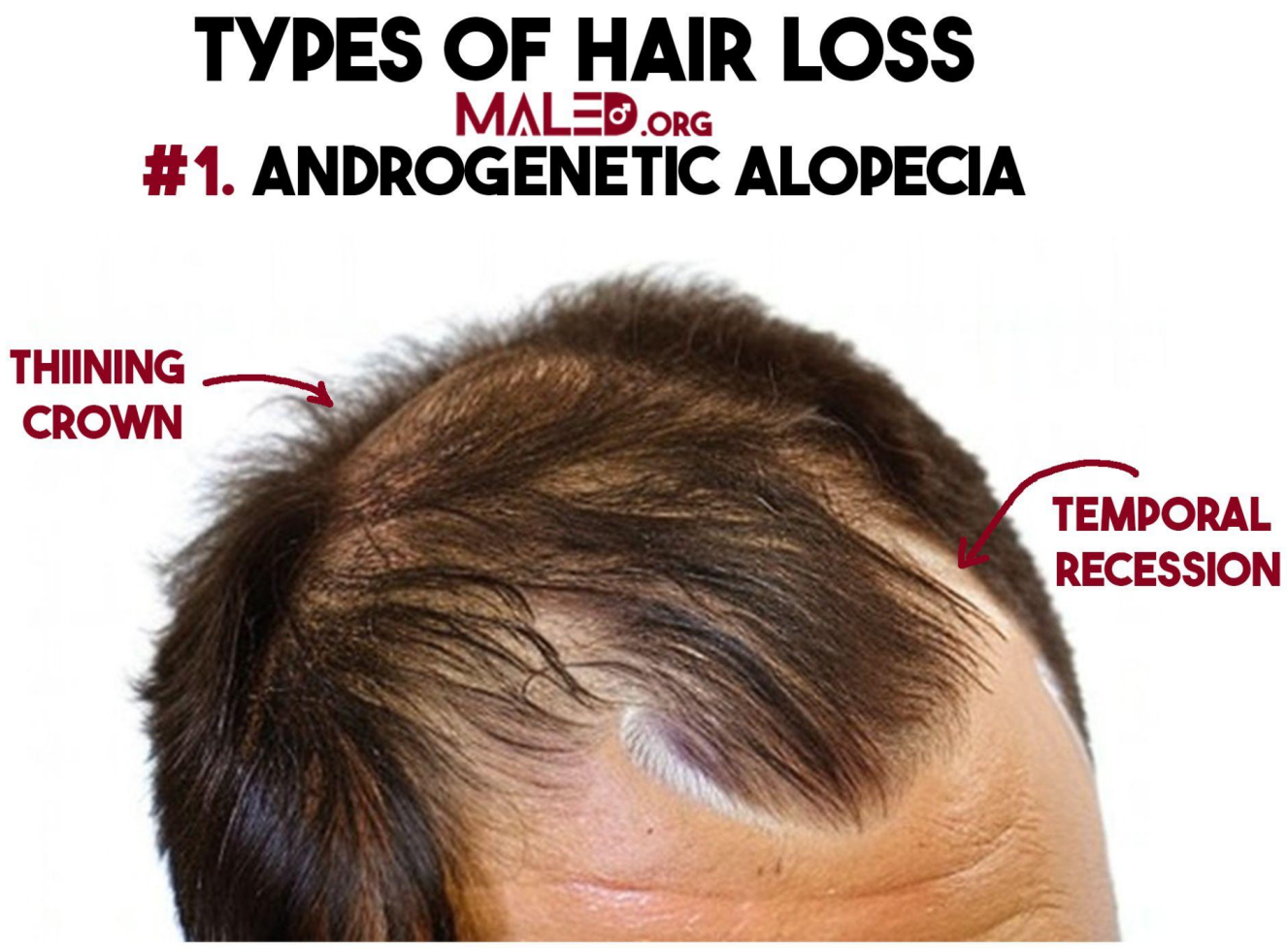

Since this is the most common type of hair loss by far, we're going to cover it extensively compared to some of these other types.

Assessing male androgenetic is simple but can sometimes be confusing. It starts with temporal recession but sometimes your hair in that area is thin to begin with. You can really tell if you have a deep recession or crown recession. This typically starts when you're older (around 24) but it can start at any age, depending on genetics.

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Telogen Effluvium: This type of hair loss occurs due to a significant disruption to the hair growth cycle. It can be triggered by various factors such as extreme stress, illness, surgery, hormonal changes, or certain medications. Telogen effluvium causes an increased number of hairs to enter the resting (telogen) phase and eventually shed, resulting in diffuse hair thinning.

Assessing telogen effluvium should be a given if you know you're unhealthy, or have been recovering from a sickness. Luckily this is easy to fix, sometimes it's not as noticeable if you have a vitamin deficiency.

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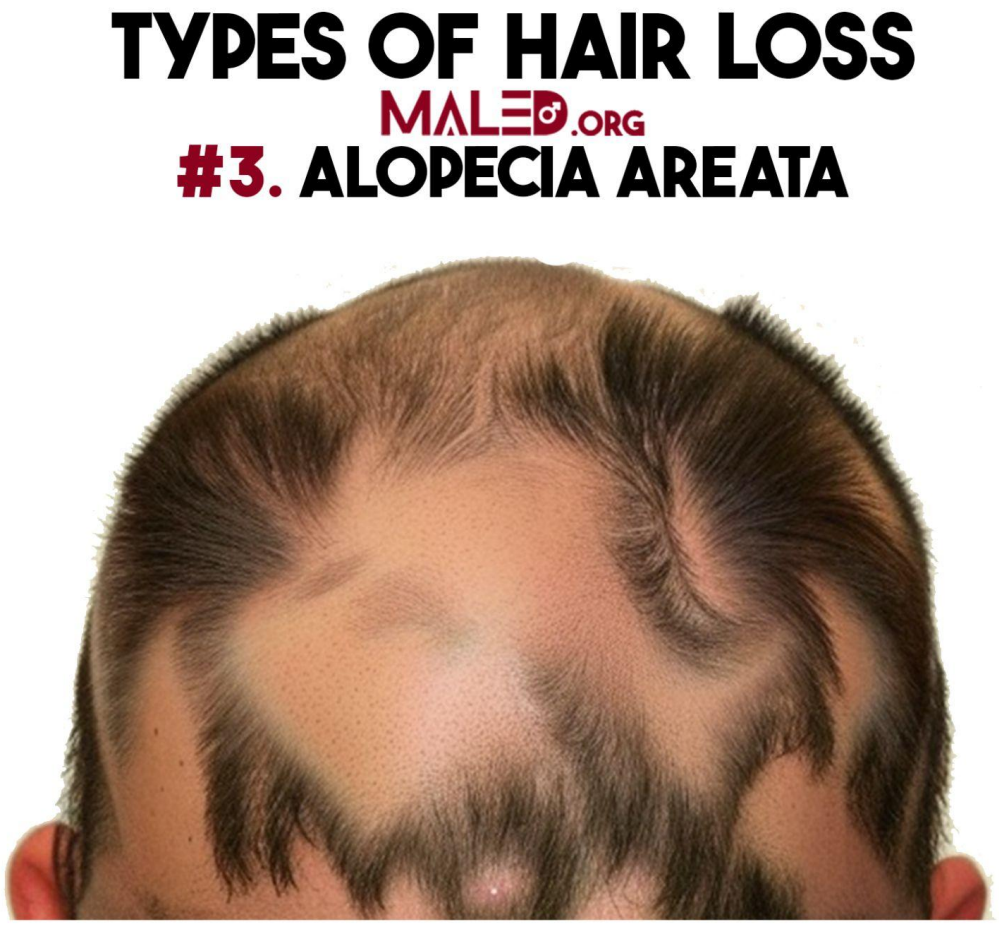
Alopecia Areata: This is an autoimmune disorder that causes patchy hair loss on the scalp and other areas of the body. The immune system mistakenly attacks the hair follicles, leading to hair loss. In some cases, the hair may regrow on its own, while in others, it may be more persistent or progress to total hair loss (alopecia totalis) or complete body hair loss (alopecia universalis).



Alopecia areata will be hard at first to diagnose. This gets more apparent when you get larger, more common spots on your head. You typically need to go to a doctor to confirm.

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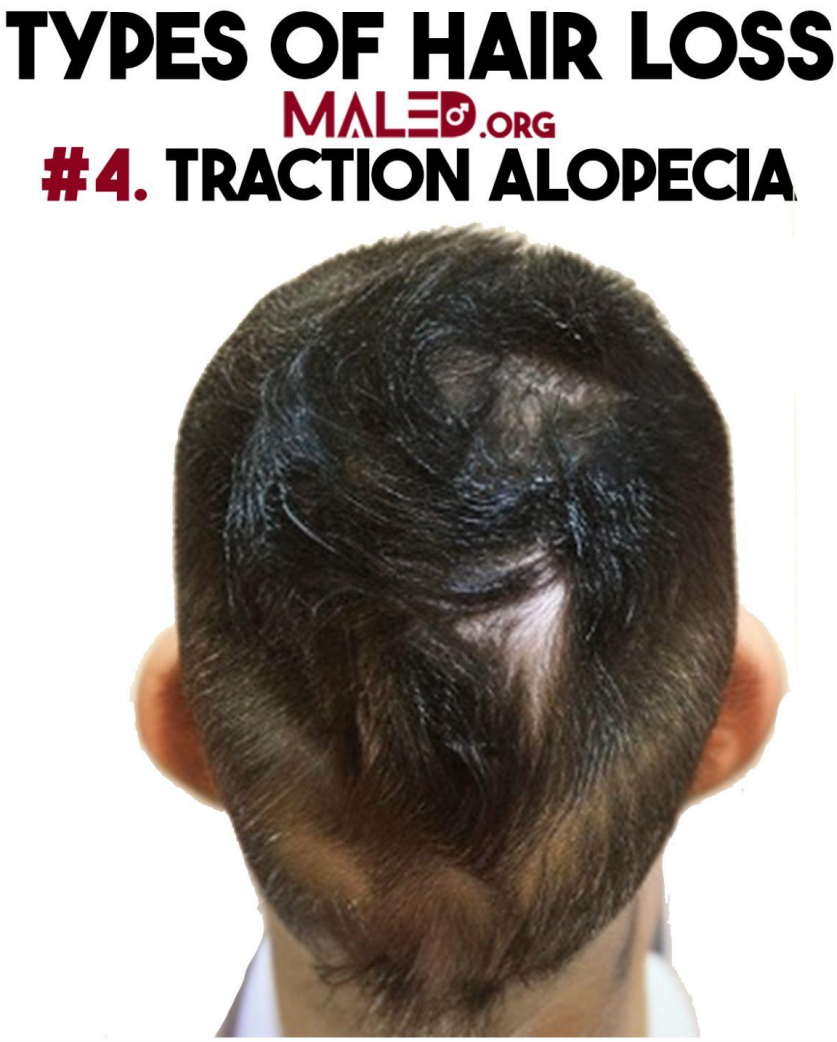
Traction Alopecia: This type of hair loss occurs due to prolonged and excessive pulling or tension on the hair, often caused by tight hairstyles like braids, ponytails, or extensions. The constant tension weakens the hair follicles and leads to hair loss, typically around the hairline or where the hair is pulled tightly



Traction alopecia comes from pulled hair, its clear and easy analyze

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Anagen Effluvium: This type of hair loss is usually associated with chemotherapy or radiation treatments for cancer. These treatments disrupt the rapidly dividing cells in the hair follicles, leading to sudden and extensive hair loss.

This is a given when taking chemotherapy or radiation treatments, it would be nearly impossible to get without knowing why your getting it

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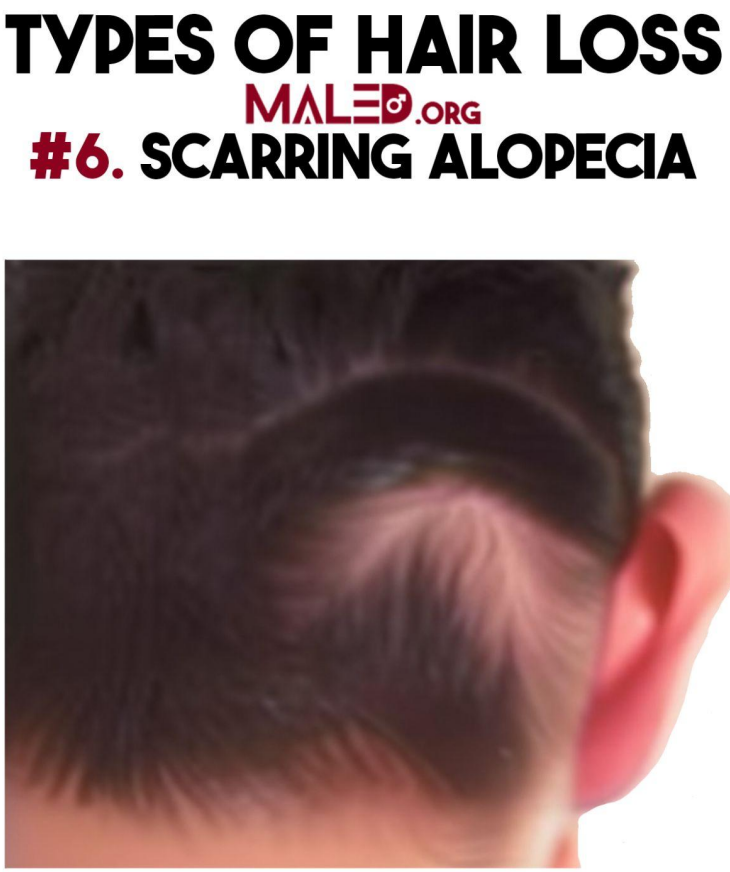
Scarring Alopecia: Scarring alopecia, also known as cicatricial alopecia, refers to a group of rare disorders where inflammation and destruction of hair follicles result in permanent hair loss. The affected areas may develop scar tissue, making hair regrowth difficult or impossible.



Scar tissue should typically be harder than normal skin, its easy to tell where it is on your head.

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Hair Loss Prevention

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Androgenetic Alopecia

This is the main thing we will be covering in this hair prevention section. Because DHT is the main reason why androgenetic alopecia occurs, these solutions are going to lower DHT or inhibit its production. This can potentially come with side effects which we will cover

This chart is ranked least effective to most effective when it comes to hair loss prevention.
This List does NOT factor in side effects.

Stress Management: High stress levels can contribute to hair loss. Things like ashwagandha may help slightly. Starting Approach: Incorporate stress-reduction techniques such as meditation, yoga, exercise, and relaxation. (Realistically stress management is going to be borderline useless for real hair loss)	

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Saw Palmetto: A natural supplement often used as an alternative to prescription medications, as it's believed to inhibit DHT production. Starting Dose: Follow the product's instructions for dosage (usually 160-320 mg/day). We recommend starting with 200mg per day then scaling up to 320 mg daily. Most studies were done at 320 mg daily and were compared to finasteride. Saw Palmetto was **HALF** as effective as finasteride at this dose.	
Azelaic Acid: Azelaic acid is a naturally occurring dicarboxylic acid that has anti-inflammatory and anti-androgenic properties. Some studies suggest that azelaic acid may inhibit the production of dihydrotestosterone (DHT), a hormone that contributes to androgenetic alopecia. Azelaic acid is commonly used to treat conditions like acne and rosacea, but its potential role in hair loss prevention is still being investigated. It is available in topical formulations that are applied to the scalp. As with any treatment, it's important to consult with a dermatologist before using azelaic acid for hair loss prevention to determine its suitability for your specific condition Starting Approach: Typically, users try formulations containing between 10-15% azelaic acid. Don't apply this if you have sensitive skin. Don't use it if your Applying this to your scalp everyday could get annoying so we don't recommend it. Especially because all of the information is new and the studies are a little shaky.	

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Ketoconazole Shampoo: While primarily an antifungal shampoo, ketoconazole may also have anti-androgenic effects and can help reduce scalp inflammation. Starting Dose: First we need to start off by explaining the doses. Each shampoo is going to have a different dose so you should read the back of the label or ask your doctor. In general using the shampoo 3-4 days a week is ideal.	
Alfatradiol (17α-Estradiol): Alfatradiol is a synthetic form of the hormone estradiol, which is a type of estrogen. It has been suggested that alfatradiol may have anti-androgenic effects, meaning it could potentially counteract the effects of androgens (male hormones) on hair follicles. Studies have shown mixed results regarding the effectiveness of alfatradiol for hair loss prevention. Some studies suggest it may be beneficial, while others show limited efficacy. Alfatradiol is available in topical formulations that are applied directly to the scalp. Before using alfatradiol, it's important to consult with a dermatologist to discuss its potential benefits and risks based on your specific condition.	

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Stemoxydine: Stemoxydine is a topical ingredient that is believed to promote hair growth by shifting hair follicles from the resting phase to the growth phase. While research on its efficacy is ongoing, it shows promise as a hair loss prevention treatment.	
Dutasteride (Avodart): Similar to finasteride but potentially more potent, it can also be prescribed to reduce DHT levels. (DO NOT TAKE WITHOUT CONSULTING A DOCTOR BEFOREHAND)	

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Finasteride (Propecia): A prescription medication that helps inhibit the conversion of testosterone to dihydrotestosterone (DHT), which is often linked to androgenetic alopecia (male pattern baldness). This is probably the most common (DO NOT TAKE WITHOUT CONSULTING A DOCTOR BEFOREHAND)	

Telogen Effluvium (80-90% of patients randomly regrow their hair back)
(Disclaimer, Telogen Effluvium can happen months after an event, for example sometimes months after pregnancy women get telogen effluvium from the event)

Diet : Ensure you're getting a well-balanced diet rich in essential nutrients, including vitamins (A, B, C, D, E), minerals (iron, zinc), and protein. These nutrients support overall hair health and growth.

Adequate Protein Intake: Protein is essential for hair structure and growth. Include lean meats, poultry, fish, eggs, beans, and legumes in your diet to maintain healthy protein levels

Avoid Crash Diets & Rapid weight loss: Rapid changes in diet, such as crash diets, can lead to nutritional deficiencies and contribute to Telogen Effluvium.Gradual and balanced weight loss is less likely to trigger Telogen Effluvium. Extreme diets or sudden weight loss can contribute to hair shedding.

Alopecia Areata

Support Your Immune System: Adopt a healthy lifestyle to support your immune system. Get regular exercise, maintain a healthy weight, and prioritize sleep. For some, alopecia areata is completely genetic, in this case there are only treatments / regrowth methods. This is just about all you can do prevention wise.

Traction Alopecia

Avoid Tight Hairstyles: Choose hairstyles that don't put excessive strain on your hair and scalp. Avoid tight braids, cornrows, ponytails, or any style that pulls on the hair follicles.

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Anagen Effluvium

Scalp Cooling (Cold Caps): Scalp cooling involves wearing cold caps during chemotherapy sessions to reduce blood flow to the scalp and potentially minimize hair loss. This method is not guaranteed to prevent hair loss completely, but it may help reduce its severity

Scarring Alopecia

If you have a medical condition :

Topical Corticosteroids: In some cases, topical corticosteroids prescribed by a dermatologist may help manage inflammation on the scalp and slow the progression of scarring alopecia.

Immunomodulatory Treatments: For some forms of scarring alopecia, immunomodulatory medications may be recommended to suppress the immune response and reduce inflammation in the scalp.

If you have normal scaring (if you know your going to get a scar) :

Keep the Area Moisturized: Apply a thin layer of a gentle, fragrance-free moisturizer to the wound area. Keeping the wound moisturized can help prevent dryness and minimize the risk of scarring.

Topical Silicone Gel or Sheets: Silicone products, available as gels or sheets, can help flatten and soften scars. These products are available over-the-counter and can be used once the wound is closed. (Use right after getting the scar)

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Routines (Androgenic Alopecia Only)

(Consult a doctor before trying anything for extreme hair loss)

Protocol 1:
Initial Hair Loss Starting Approach:
Incorporate stress-reduction techniques such as meditation, yoga, exercise, and relaxation twice weekly
Saw Palmetto: Starting Dose: 200mg per day

Protocol 2:
Mild Hair Loss
Azelaic Acid: Consider 10-15% azelaic acid formulations. Apply topically to affected area as directed. Note: Avoid if you have sensitive skin.
Saw Palmetto: Dose: 300mg per day

Protocol 3: Moderate Hair Loss
Ketoconazole Shampoo: Starting Dose: Use shampoo 3-4 days a week as directed on bottle
Stemoxydine: Apply topically to scalp as directed on bottle (Typically Daily)
Saw Palmetto: Dose: 350 mg per day

Protocol 4: Severe Hair Loss :
Ketoconazole Shampoo: Dose: Use shampoo 3-4 days a week as directed on bottle

Dutasteride (Avodart): Consult a doctor before use.
OR
Finasteride (Propecia): Consult a doctor before use.

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Tier List (Androgenic Alopecia Only)

Tier List Keep in mind this tier list is our personal opinion. This tier list DOES factor side effects.

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Hair Regrowth

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Androgenetic Alopecia
DHT is the main reason for losing hair, so prevention is the most important part. With that being said, here are some of the best ways to grow your hair.

Oils

Peppermint Oil: Peppermint oil is believed to stimulate hair follicles and improve blood circulation to the scalp, potentially promoting hair growth.

Rosemary Oil: Rosemary oil is thought to increase cellular metabolism, which can stimulate hair growth and improve hair thickness

Lavender Oil: Lavender oil has been studied for its potential to promote hair growth by increasing the number of hair follicles in certain animal studies.

Cedarwood Oil: Cedarwood oil is sometimes used in combination with other essential oils to create a blend that is applied to the scalp to encourage hair growth

Amla Oil: Amla oil, derived from Indian gooseberry, is rich in antioxidants and is believed to strengthen hair follicles and promote hair growth.

Argan Oil: Argan oil is rich in vitamin E and essential fatty acids, which can provide nourishment to hair follicles and encourage healthy hair growth.

Coconut Oil: Coconut oil can penetrate the hair shaft, helping to prevent protein loss and promoting hair strength and growth.

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Castor Oil: Castor oil is known for its potential to boost circulation, improve hair texture, and promote hair regrowth.

Fermented Rice Water: Fermented rice water is rich in vitamins, minerals, and amino acids. It is believed to nourish hair follicles and improve hair growth.

Redensyl: Redensyl is a patented hair growth ingredient that aims to increase hair density and improve overall hair health.

Caffeine Hair Products: Caffeine-infused shampoos, conditioners, and creams are believed to stimulate hair follicles and promote hair growth.

Minoxidil (Rogaine): Minoxidil is an FDA-approved topical treatment that can promote hair regrowth in some individuals. It can also be taken orally and has a much higher response rate. (LOOK AT THE MINIDOXIL GUIDE BEFORE TAKING)

Low-Level Laser Therapy (LLLT): LLLT devices, like laser combs or helmets, use red light to stimulate hair follicles and promote hair growth. Most of these contraptions are just cash grabs, the ones that are real are typically very expensive.

PRP (Platelet-Rich Plasma) Therapy: PRP involves injecting a concentrated form of the patient's own blood plasma into the scalp to stimulate hair follicles. This can be done at home but is expensive. Not recommended

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Telogen Effluvium (80-90% of patients randomly regrow their hair back)
When it comes to losing your hair to nutrient deficiency, there are a couple main nutrients that are usually the problem. It is ESSENTIAL that you get bloodwork done by a doctor when you are so nutrient deficient your losing hair. (Disclaimer, Telogen Effluvium can happen months after an event, for example sometimes months after pregnancy women get telogen effluvium from the event) Last there is little to no reason to take supplements if your okay with waiting a couple months.

Identify and Address the Trigger: The first step is to identify and address the underlying cause of telogen effluvium. If it's related to stress, illness, medication, again, it is ESSENTIAL that you go to a doctor.

Nutrafol Supplements: This supplement specifically has a bunch of vitamins that help with balding via lack of nutrients. It is very overpriced and you could be better off buying each vitamin individually. Maybe we will release our own supplement with better pricing because of how bad the price is.

The main supplements people tend to lack when taking these supplements are
Zinc
Iron
Vitamin D
Omega-3 Fatty Acids

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Alopecia Areata

Almost all of these method include consulting a doctor

Topical Corticosteroids: These are anti-inflammatory medications that can be applied directly to the affected areas. They work by suppressing the immune response and reducing inflammation, allowing hair to regrow.

Intralesional Corticosteroid Injections: A dermatologist injects corticosteroids directly into the bald patches. This approach can help stimulate hair regrowth and is often used for more stubborn cases. (These hurt but most experienced doctors go fast)

Anthralin: Anthralin is a topical medication that alters the immune function in the affected areas and can stimulate hair regrowth. It's typically used for short periods under medical supervision.

JAK Inhibitors: Janus kinase (JAK) inhibitors are oral medications that work by targeting specific immune responses involved in alopecia areata. These medications are typically used for more extensive cases and may have potential side effects.
The most recent approved JAK inhibitor taken at the moment is a medication called “Oluminent” it is expensive and typically needs to be covered by insurance. This helps patients with alopecia areata universalis the most because it affects your entire body. It takes a LONG time to use it, but results are good. We suggest taking 4mg as soon as possible when on this medication, but thats obviously up to your doctor and how fast they want to make the switch from 2mg to 4mg.

Fake Eyebrows or Microblading: If you have Alopecia Universalis there is still hope. You can still live a completely normal life with fake eyebrows and a wig. There are two ways to go about this, water tattoo eyebrows (Sticker / Peal Off) or microblading.

Water Tattoo Pros (Sticker / Peal Off)

- **Change Shape at will**
- **Change Tilt at will**
- **Take them off whenever**
- **Placement where ever you want**
- **Looks extremely real**

Water Tattoo Cons

- **Can smudge**
- **Can be hard to put on**
- **Need to be reapplied every three days**
- **Recurring cost**

Microblading Pros (Sticker / Peal Off)

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- **Long Lasting Results (2-3 years)**
- **No Smudging**
- **Symmetry (If they are done right)**
- **Minimal Maintenance**

Microblading Cons

- **Can look fake**
- **Repeated cutting of the skin leaves you with permanent damage and may even kill your existing hair follicles.**
- **Infection Risk**
- **High Cost**
- **Needs to be done by a professional**

Overall we recommend you start with water tattoos, specifically these ones :
CLICK ME
These are the cheapest, and are straight which is IDEAL for mens eyebrows. These get really expensive and some of them don't look very good which is why we highly recommend these.

You can also use an eyebrow pencil but it will never look as good as a sticker and its very inconvenient.

Traction Alopecia

(None / Normal Regrowth)
Refer to the universal options section

Anagen Effluvium

Get Off of Chemotherapy / Radiation: Unfortunately not everyone can do this, but once your off of it, most patients regrowth their hair naturally.

Refer to the universal options section

Universal Options

When it comes to hair REGROWTH, each one of these conditions will grow the hair follicles you have. These methods can also promote new hair follicle growth.

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Last if you have no hair, or little hair, we have given some options to fix that problem.

Blood Flow / New Hair Follicle Growth

(One of these tools should be in everyone's hair growth routine)

Dermaroller: The dermaroller, a handheld device with tiny needles, can aid in hair regrowth. It works by creating micro-injuries on the scalp, stimulating blood flow and encouraging hair follicle activity. Needle lengths range from 0.25mm to 1.5mm. Shorter needles are suitable for beginners and sensitive scalps, while longer ones offer deeper penetration for more advanced users. We recommend you replace your dermaroller every few months to maintain its effectiveness. Specially when the needles start to get oft / blunt. When using, apply gentle pressure and roll in different directions over the scalp. This process helps to promote hair growth by triggering the body's natural healing response. Derma rolling is cheaper and faster than a derma stamp or microneedling pen with that being said often times dermatologists and doctors do not recommend it because of the rolling motion, ideally the needles would penetrate the scalp straight, a derma rollers make it easier to damage your hair follicles because the needles don't roll fully straight. Based on our personal experiences, it doesn't matter much, but others may recommend using a derma stamp or microneedling pen. Tutorial : CLICK ME Price : $6-15 Link : CLICK ME	

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Derma Stamp : A derma stamp for hair growth is a specialized tool designed to stimulate hair follicles through controlled micro-injuries on the scalp. This process involves using a stamping motion to create tiny punctures, promoting increased blood circulation and the release of growth factors in the treated areas. This can encourage the regrowth of thicker, healthier hair. The derma stamp's fine needles penetrate the upper layers of the scalp, aiding in the absorption of hair growth serums or oils. When used consistently, derma stamping can contribute to improved hair density and overall scalp health, making it a popular option for individuals seeking non-surgical hair restoration methods. The dermastamp is cheaper than a microneedling pen but takes longer Tutorial : CLICK ME Price : $10-30 Link : CLICK ME	
Microneedling Pen : A micro needling pen for hair growth is a precision device designed to enhance hair restoration by utilizing tiny, fine needles to create controlled micro-injuries on the scalp. This process, known as microneedling, stimulates blood circulation, triggers the release of growth factors, and encourages the natural regeneration of hair follicles. The pen's adjustable needle depth allows for customized treatment, and it can be used in conjunction with hair growth serums or oils to enhance their absorption. Regular use of a micro needling pen can contribute to improved hair thickness and overall scalp health, making it a sought-after tool for those seeking non-invasive hair rejuvenation solutions. Tutorial : CLICK ME Price : $90-300 Link : CLICK ME	

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Keep in mind a dermaroller is the cheapest and easiest to use but it is not the best for your hair, this is because when rolling the needles go in on an angle. A derma stamp is better but it takes longer, a microneedling pen is IDEAL but is also expensive.

Promotion Of Hair Growth

(Use All Of These Options For Optimal Results. Use everything expect for Minoxidil if your not losing any hair)

Fermented Rice Water: Fermented rice water has gained attention for its potential to promote hair growth. During fermentation, rice water produces vitamins, minerals, and amino acids that nourish hair follicles and improve scalp health. This nutrient-rich liquid can strengthen hair strands, reduce breakage, and potentially stimulate hair growth. Applying fermented rice water to the scalp and hair could contribute to enhanced hair density and overall hair health. This smells horrible if you make it at home. We suggest you just buy some for easy convenience, the brand we recommended smells good as well. (Best For Faster Growth) Tutorial : CLICK ME Price : $10-30 Link : CLICK ME	
Rosemary Oil / Peppermint Oil : **Rosemary Oil :** Rosemary oil is a natural remedy that may aid hair growth. It enhances scalp circulation, delivering more nutrients to hair follicles. Compounds like ursolic acid and rosmarinic acid found in rosemary oil can help prevent hair thinning and promote stronger, healthier hair. Applying diluted rosemary oil to the scalp can potentially accelerate hair growth and improve overall hair quality. Tutorial : CLICK ME Price : $6-15 Link : CLICK ME	

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Peppermint Oil : Peppermint oil is known for its cooling sensation and potential to stimulate hair growth. The menthol in peppermint oil increases blood flow to the scalp, promoting nutrient delivery to hair follicles. This improved circulation can lead to faster hair growth and the development of thicker hair strands. Using diluted peppermint oil on the scalp may contribute to achieving denser and healthier-looking hair. (Best For Hair Density) Tutorial : CLICK ME (Replace For Peppermint) Price : $6-15 Link : CLICK ME	
Caffeine Hair Products: Caffeine-infused hair products have been explored for their potential to stimulate hair growth. Caffeine can penetrate hair follicles and promote blood circulation in the scalp, potentially encouraging hair growth. By targeting the hair follicles' health and promoting better blood flow, caffeine hair products may help prevent hair thinning and promote hair density. Regular use of these products could lead to stronger, healthier hair and a potentially denser appearance over time. (Best For Faster Growth) Tutorial : Simply apply to scalp daily Price : $15-50 Link : CLICK ME	

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Redensyl: Redensyl is a patented hair care ingredient known for its potential to promote hair growth. It targets hair follicles' stem cells, promoting their activity and encouraging the anagen (growth) phase of hair growth. By stimulating hair follicle cells, Redensyl aims to improve hair density and overall hair quality. It may provide a comprehensive approach to addressing hair thinning and promoting thicker, fuller hair. Regular application of products containing Redensyl could lead to visible improvements in hair density and overall appearance, making it a potential solution for individuals seeking to enhance their hair's thickness and volume. (Best For New Follicle Growth) Tutorial : Simply apply to the scalp and rub it in Price : $25-50 Link : CLICK ME	
Castor Oil: Castor oil has gained popularity as a natural remedy for promoting hair growth. Rich in ricinoleic acid, castor oil is believed to have anti-inflammatory and antimicrobial properties that can benefit the scalp's health. When applied to the scalp, it may help improve blood circulation, which in turn supports the nourishment of hair follicles. Castor oil is thought to strengthen hair shafts and promote hair thickness, potentially leading to the appearance of fuller hair. It's important to note that scientific evidence supporting castor oil's effectiveness for hair growth is limited, and results can vary among individuals. Using castor oil as a hair treatment may require patience and consistent application to potentially see noticeable improvements in hair health and appearance. (Best For Hair Density) Tutorial : CLICK ME Price : $10-25 Link : CLICK ME	

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Minoxidil: (minoxidil can be dangerous refer to the guide before using) The treatment involves a liquid that stimulates massive amounts of hair growth. Minoxidil is a vasodilator, which dilates blood vessels to deliver more oxygen-rich blood to the hair follicles. Minoxidil also increases the size of hair follicles, promoting the growth of thicker and stronger hair. You should combine this with dermarolling or microneedling for optimal growth (About 1.5 times faster) Not everyone is a responder to topical minoxidil. Things like microneedling and using tretinoin can take you from being a nonresponder to a responder topically. Not everyone is a responder to topical minoxidil. Refer to our minoxidil guide before starting. ASK A DOCTOR BEFORE TAKING (Best For New Follicle Growth) (Does all three) Tutorial : CLICK ME Price : $20-60 Link : CLICK ME	

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Hair Enhancement

(These Options will make your hair appear more dense / thicker without growing any hair)

Hair Fibers or Hair Powder: Hair fibers or hair powder are cosmetic products that offer a quick and effective solution for enhancing the appearance of thinning hair. These products, available in various shades to match your hair color, consist of tiny, natural or synthetic fibers that adhere to your existing hair using static electricity. When applied to areas with thinning or sparse hair, the fibers instantly cling to the hair strands, creating an illusion of increased volume and density. This easy-to-use option can give your hair a fuller look without the need for invasive procedures, making it a popular choice for those seeking a temporary boost in hair thickness. This will wash out, but its great for pictures, barbers often use this after a haircut, its really easy to apply yourself at home before you go out. Sometimes barbers apply sticking serums so the hair fibers stay for longer. (Worth a try) Tutorial : CLICK ME Price : $20-35 Link : CLICK ME	

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Barber Pencil: A barber pencil is a grooming essential used by barbers to create precise and clean hairlines after a haircut. Typically white in color, this special pencil allows barbers to outline and define the edges of the hairline, sideburns, and beard with accuracy. The pencil's waxy texture ensures that the lines remain visible and well-defined, enhancing the overall look of the haircut. By using a barber pencil, professionals can achieve sharp and polished finishes, ensuring that every client leaves the barber shop with a neat and tailored appearance. Tutorial : CLICK ME Price : $5-15 Link : CLICK ME	
Hair Dye: Hair dye is a cosmetic product used to alter the color of your hair. It comes in various formulations, including permanent, semi-permanent, and temporary options. Permanent hair dye penetrates the hair shaft and provides long-lasting color changes, while semi-permanent dye coats the hair's outer layer and gradually fades with washing. Temporary hair dye offers a short-term color change that easily washes out after a few shampoos. Hair dye is available in a wide range of shades, from natural colors to vibrant and unconventional hues. It can be applied at home or by a professional stylist. Hair dye allows you to personalize your look, cover gray hair, or experiment with different shades to match your style and preferences. It's important to follow the instructions on the packaging and consider your hair type and condition before applying hair dye to achieve the desired results while minimizing potential damage. If you are dying your hair, GO TO A STYLIST!!! We cannot stress this enough, dye your hair at a stylist, dye your eyebrows or beard at home.	

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We recommend hair dye from “just for men” we are not affiliated! Tutorials on how to use it online / on youtube! Hair dye gives the same results something like an eyebrow pen would give. Darker hairs giving the perception of more dense hair. Tutorial : CLICK ME Link : CLICK ME (this ones for eyebrows & beard)	

Nothing Else Is Working

(Use one of these options if your very close to being bald)

Hair Transplant: After about 3 months (90 to 100 days), new hair begins to grow and grows at a normal rate. About 6 months after the hair transplant surgery, the transplanted hair begins to take on its natural appearance and grows throughout life. This can save your hair, if you combine it with minoxidil and finasteride you could end up saving yourself 2-20 years of still having hair. (Will leave scar on the back of your head) Hair transplants are so long a complex it could be an entirely new guide in its own. We recommend you watch these videos CLICK ME, CLICK ME, CLICK ME	

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Topper / Realistic Wig: This will be the most expensive option but is by far the best in our opinion (If you are already fully bald). Depending on where you go, these can look extremely real, you can do all your normal activities like swimming, running etc and you can style it however you want. We cannot stress enough how good this option is for those without hair. Some of them are so real its impossible to tell its a wig because its made from real hair, styled however you desire this is by far the best solution to hair loss. The only problem is they are expensive. If you go to a facility that "surgically implants them onto your head" (meaning glues it to your head so you can wear it 24/7 these programs can cost up to $12,000 per year. With that being said if you can afford it, its unbelievably worth it. You go in for maintenance once every 6 months - 12 months. For the rest of the year your hair is completely normal. You can get random non custom ones and use wig tape, which is much less expensive but a gamble. There are so many websites that sell them its hard to recommend a brand. Lookup "realistic mens hair pieces" on google.	 If you want a real one styled to your liking, go on google and lookup, realistic wig or hair piece near me, often times theres places you can go where they cut the hair just how you like it. This will cost $300-1000 USD for a years worth of hair. For some this is a lot of money, but its LIFE CHANGING, and we highly recommending it for anyone who has complete hair loss.
Scalp Micropigmentation (Hair Tattoo): Scalp micropigmentation, also known as hair tattooing, can cover baldness or thinning hair without surgery. The provider uses a fine needle to place small dots of pigment (color) on the scalp. This treatment can cover bald spots or make it look like you have a shaved head. A Lot of bald men use this method, but why would you ever use this method when you could use a topper / wig. (Other than money) With that being said you can lookup scalp micropigmentation on google maps, and call in for a consultation.	

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Routines :

Routine 1: Basic Hair Growth:
Apply a few drops of peppermint oil mixed with a carrier oil (such as coconut oil) to your scalp. Massage it before bed, 2-3 times a week.

Routine 2: Mild Hair Growth:
Use a derma roller with 0.25mm needles on your scalp once a week.
Rosemary Oil: Add a few drops of rosemary oil to your shampoo or conditioner. Use this mixture every time you wash your hair.

Routine 3: Noticeable Hair Growth:
Introduce a derma stamp with 0.5mm needles. Use it on the areas of concern once a week.
Apply a few drops of peppermint oil mixed with caster oil, 5 times a week
Fermented Rice Water: Apply fermented rice water to your scalp after shampooing, twice a week.

Routine 4: Progressive Hair Growth
Incorporate a microneedling pen with 1mm needles every 2 weeks.
Derma stamp with 0.5mm needles. Use it on the areas of concern twice a week.
Apply a few drops of peppermint oil mixed with caster oil, 5 times a week
Fermented Rice Water: Apply 4 times a week anytime throughout the day (never before you wash your hair, let it stay in your hair overnight)
Redensyl Serum: Apply a redensyl serum 3 times a week. Cover area you want to regrow
Apply Caffeine Hair Serum 3 times a week. Cover area you want to regrow

Routine 5: Advanced Hair Growth:
Apply minoxidil solution to the scalp once daily.
Derma stamp with 0.5mm needles. Use it on the areas of concern three times a week.
Fermented Rice Water: Apply 5 times a week anytime throughout the day (never before you wash your hair, let it stay in your hair overnight)
Caffeine Serum: Apply a caffeine serum 4 times a week. Cover area you want to regrow

Routine 6: Extreme Hair Growth:
Apply minoxidil solution to the scalp twice daily.

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Derma stamp with 0.5mm needles. Use it on the areas of concern four times a week. (Work Up To This)
Incorporate a microneedling pen with 1mm needles every 1.5 weeks. (Work Up To This)
Fermented Rice Water: Apply 5 times a week anytime throughout the day (never before you wash your hair, let it stay in your hair overnight)
Redensyl Serum: Apply a redensyl serum 5 times a week. Cover area you want to regrow
Apply Caffeine Hair Serum 5 times a week. Cover area you want to regrow
Apply a few drops of peppermint oil mixed with caster oil, 5 times a week
Hair Massage Everything in for 3 minutes after application

Sleep with a Hair Bonnet if your doing this at night

Routine 7: Ultimate Growth:
Everything in Routine 6
Dye Hair Darker Shade (Once every 2-5 months)
Hair Fibers or Hair Powder (Daily)
Hair Highlight Stencil (Before You Go Out)

Routine 8: Complete Hair Loss Regrowth

Choose One Option

Hair Transplant: Consult with a specialist about hair transplant options. + Routine 7 + Hair Loss prevention Routine (Only works if you have some hair left)
Micropigmentation: Explore scalp micropigmentation for a non-surgical solution.
Topper / Realistic Wig: Best option if you are completely bald

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Tier List

Keep in mind this tier list is our personal opinion. This tier list does NOT factor in price.

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Eyebrows, Eyelashes, Facial Hair

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- Eyebrow Growth
- Eyelash Growth
- Facial Hair Growth

Eyebrow Growth
Products for Hair regrowth can be used on your eyebrows. Before going forward, we want to stress, it is ESSENTIAL that you do not get any products in your eyes. If you do happen to get some in your eyes, wash your eyes out immediately thoroughly with cool water.
Here is a routine:

Routine 1: Basic Growth
Castor Oil: Apply a small amount of castor oil to your eyebrows using a clean spoolie brush. Massage gently for a few minutes before bed, 2-3 times a week.

Routine 2: Mild Growth
Derma Roller (0.25mm): Use a derma roller on your eyebrows once a week.
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your eyebrows every other night

Routine 3: Noticeable Hair Growth:
Derma Stamp (0.5mm): Incorporate a derma stamp into your routine every 10 days.
Derma Roller (0.25mm): Use a derma roller on your eyebrows once a week.
Fermented Rice Water: Apply fermented rice water to your eyebrows 2 times a week
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your eyebrows every other night

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Routine 4: Progressive Hair Growth
Use a microneedling pen with a short needle length every 2 weeks 0.5mm or 0.25mm.
Derma Roller (0.25mm): Use a derma roller on your eyebrows twice a week
Redensyl Serum: Apply a small amount of redensyl serum every three days
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your eyebrows every other night
Caffeine Serum: Use caffeine-infused serum three times a week
Fermented Rice Water: Apply fermented rice water to your eyebrows 2 times a week
(OPTIONAL)
Latisse : Apply once every 3 days

Routine 5: Advanced Eyebrow Growth
Use a microneedling pen with a short needle length every 2 weeks 0.5mm or 0.25mm.
Derma Roller (0.25mm): Use a derma roller on your eyebrows three times a week
Apply minoxidil solution daily.
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your eyebrows every other night
Latisse : Apply once every 5 days

Routine 6: Extreme Eyebrow Growth
Use a microneedling pen with a short needle length every 1.5 weeks 0.5mm or 0.25mm.
Derma Roller (0.25mm): Use a derma roller on your eyebrows three times a week
Apply minoxidil solution daily.
Redensyl Serum: Apply a small amount of redensyl serum every four days
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your eyebrows every other night
Caffeine Serum: Use caffeine-infused serum 4 times a week
Fermented Rice Water: Apply fermented rice water to your eyebrows 4 times a week
Latisse : Apply once every day

Routine 7: Ultimate Growth:
Everything in Routine 6
Dye Hair Darker Shade (Once every 1-2 months)
Eyebrow Pencil (Before going out)

Routine 8: Complete Hair Loss Regrowth

<u>Choose One Option</u>

Water Eyebrow Tattoo / Sticker : Refer to the Alopecia
Eyebrow Transplant (Only works if you have hair in some areas) There's alot to cover so we are not going in depth. Talk to a surgeon.
Microblading: Explore professional tattoo or microblading services for semi-permanent results.

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Eyelash Growth

Not all products for Hair regrowth can be used on your eyelashes. Before going forward, we want to stress, it is ESSENTIAL that you do not get any products in your eyes. If you do happen to get some in your eyes, wash your eyes out immediately thoroughly with cool water.

Long curled eyelashes can make your eye area look better. If thats something your interested in Here is a routine:

Routine 1: Basic Care
Castor Oil: Apply a small amount of castor oil to your eyelashes using a clean spoolie brush twice weekly

Routine 2: Mild Growth
Castor Oil: Apply a small amount of castor oil to your eyelashes using a clean spoolie brush twice weekly
Rosemary Oil / Peppermint Oil : Apply a small amount to your eyelashes using a clean spoolie brush twice weekly

Routine 3: Noticeable Hair Growth
Castor Oil: Apply a small amount of castor oil to your eyelashes using a clean spoolie brush every other day
Rosemary Oil / Peppermint Oil : Apply a small amount to your eyelashes using a clean spoolie brush every other day
Eyelash Curler : Before going out
Latisse : Apply twice a week

Routine 4: Progressive Eyelash Growth
Castor Oil: Apply a small amount of castor oil to your eyelashes using a clean spoolie brush every other day
Rosemary Oil / Peppermint Oil : Apply a small amount to your eyelashes using a clean spoolie brush every other day
Eyelash Curler : Before going out
Latisse : Apply Daily

Routine 5: Advanced Eyelash Growth
Castor Oil: Apply a small amount of castor oil to your eyelashes using a clean spoolie brush every other day
Rosemary Oil / Peppermint Oil : Apply a small amount to your eyelashes using a clean spoolie brush every other day
Eyelash Curler : Before going out
Latisse : Apply Daily
Oral Minoxidil : Daily - Ask doctor for dose **(NEVER PUT TOPICAL ON EYELASHES!)**

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Routine 6:
Everything in routine 5
Eyelash Mascara Daily
Dye Hair Darker Shade (Once every other month)
Black Eyeliner Pencil : When going out)

Routine 7: Complete Hair Loss Regrowth

Choose One Option

Eyelash Tattoo: Consider professional eyelash tattooing for a permanent enhancement.
Eyelash Transplant: Opt for eyelash transplant surgery for a long-lasting, natural solution

Eyelash Mascara: Eyelash mascara is a cosmetic product designed to enhance the appearance of eyelashes. It typically contains pigments and waxes that darken, lengthen, and volumize the lashes. By applying mascara to your eyelashes, you can achieve a more defined and dramatic look for your eyes. Mascara is a popular makeup choice for adding depth and dimension to your eyelashes, making your eyes appear more captivating and expressive. Keep in mind that regular use of mascara may require proper removal to avoid clumping and potential damage to the lashes. Tutorial : CLICK ME Price : $8-15 Link : CLICK ME	
Black Eyeliner Pencil: A black eyeliner pencil is a versatile makeup tool used to define and accentuate the eyes. It allows you to create precise lines along the upper and lower lash lines. This can create the illusion of thicker and more defined lashes, making your eyes appear more prominent. Whether you're aiming for a bold winged look or a subtle enhancement, a black eyeliner pencil offers flexibility in creating various styles. It's important to ensure the pencil is sharpened for accurate application and to consider your eye shape when determining the thickness and style of the lines you create. (We do not recommend this it looks very feminine) Tutorial : CLICK ME Price : $3-15 Link : CLICK ME	

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Eyelash Curler: An eyelash curler is a beauty tool designed to lift and curl your eyelashes, enhancing the appearance of your eyes. It typically consists of two curved metal clamps that you gently press against your lashes at the base. When you squeeze the handles, the clamps create a gentle, upward bend in your lashes, creating a wide-eyed and more open look. This curling effect can make your lashes appear longer and denser. Regular use of an eyelash curler can help you achieve a polished and captivating look for both everyday and special occasions. One simple hack / trick we recommend is heating your eyelash curler up with a hair brush (Not super hot) and using it to curl your eyelashes, the heat makes your eyelash's stay curled for longer. Tutorial : CLICK ME Price : $3-13 Link : CLICK ME	

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Facial Hair Growth

We want to stress, beard oil is depended on who your buying from. Its the “natrual” way to grow a beard, microneedling + minoxidil is by far the best way to grow your beard. Theres so much to go into, so heres a FULL GUIDE on minoxidil and beards.

Routine 1: Basic Care
Apply beard oil once weekly

Routine 2: Mild Growth
Derma Roller (0.25mm): Use a derma roller on your beard once a week.
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your beard every three days
Apply beard oil once weekly

Routine 3: Noticeable Hair Growth
Derma Roller (0.25mm): Use a derma roller on your beard twice a week.
Derma Stamp (0.5mm): Incorporate a derma stamp into your routine once a week
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your beard every three days
Apply beard oil twice weekly

Routine 4: Progressive Hair Growth
Incorporate a microneedling pen with .75mm needles every week (Work Up To This)
Apply Minoxidil 5% solution to beard every other day (not on microneedling days)

Routine 5: Advanced Eyelash Growth
Incorporate a microneedling pen with .75mm needles every week (Work Up To This)
Apply Minoxidil 5% solution to beard every other day (Not on microneedling days)

Routine 6: Extreme Eyebrow Growth
Incorporate a microneedling pen with .75mm needles every week (Work Up To This)
Apply Minoxidil 5% solution to beard Daily (Not on microneedling days)
Apply beard oil every other day
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your beard every three days

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Routine 7: Ultimate Growth
Incorporate a microneedling pen with .75mm needles every three days (Work Up To This)
Apply Minoxidil 5% solution to beard Twice daily (Not on microneedling days)
Apply beard oil daily.
Rosemary Oil: Mix a drop of rosemary oil with a carrier oil (we suggest castor oil) and apply it to your beard every three days

Routine 7: Complete Hair Loss Regrowth
Beard Transplant: Opt for beard transplant surgery for a long-lasting solution.

Beard Tattoo: Consider professional beard tattooing to enhance beard appearance. This isn't recommended but if you're very desperate it's worth looking into.

Beard Oil: Beard oil is a grooming product designed to nourish and enhance the appearance of facial hair. It's typically made from a blend of carrier oils and essential oils. The carrier oils, such as jojoba oil, argan oil, or coconut oil, provide hydration to the beard and skin, helping to soften and condition both the hair and the underlying skin. Essential oils are often added for their fragrance and potential benefits, such as promoting a healthy beard and providing a pleasing scent. Beard oil can help reduce itchiness, flakiness, and dryness associated with growing a beard. Regular application of beard oil can leave your facial hair looking more manageable, shiny, and well-groomed. To use, dispense a few drops of beard oil into your palm, rub your hands together, and then massage the oil into your beard and the skin underneath. This simple routine can contribute to a healthier, more attractive beard. Tutorial : CLICK ME Price : $8-30 Link : CLICK ME	

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Hairstyling Introduction

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- Terms
- Tapers
- Fades
- Hairtype 1
- Hairtype 2
- Hairtype 3
- Hairtype 4

Terms
You need to understand the terms of hair so you can tell your barber what you want. We're going to teach you the terms they learn so you can tell them exactly what you want.

We also plan to show you haircuts to consider for each hair type

Keep in mind, when getting a haircut the best thing you can do to explain what you wantis show a picture of the haircut. (Or even better show your barber a video)

Crown: The top back area of the head where hair growth originates.

Sideburns: The hair in front of the ears that extends down the sides of the face.

Temples: The area on the sides of the forehead, just above the ears.

Nape: The back lower part of the neck, where the hairline ends.

Hairline: The outline where the hair on the head meets the forehead and neck.

Parietal Ridge / Side : The top sides of the head.

Top: The upper part of the head. Back: The back part of the head.

Sides: The areas on the sides of the head, above the ears.

Bangs: The front hair that falls over the forehead.

(Next Page Is Labeled With Pictures)

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HAIR LABELS

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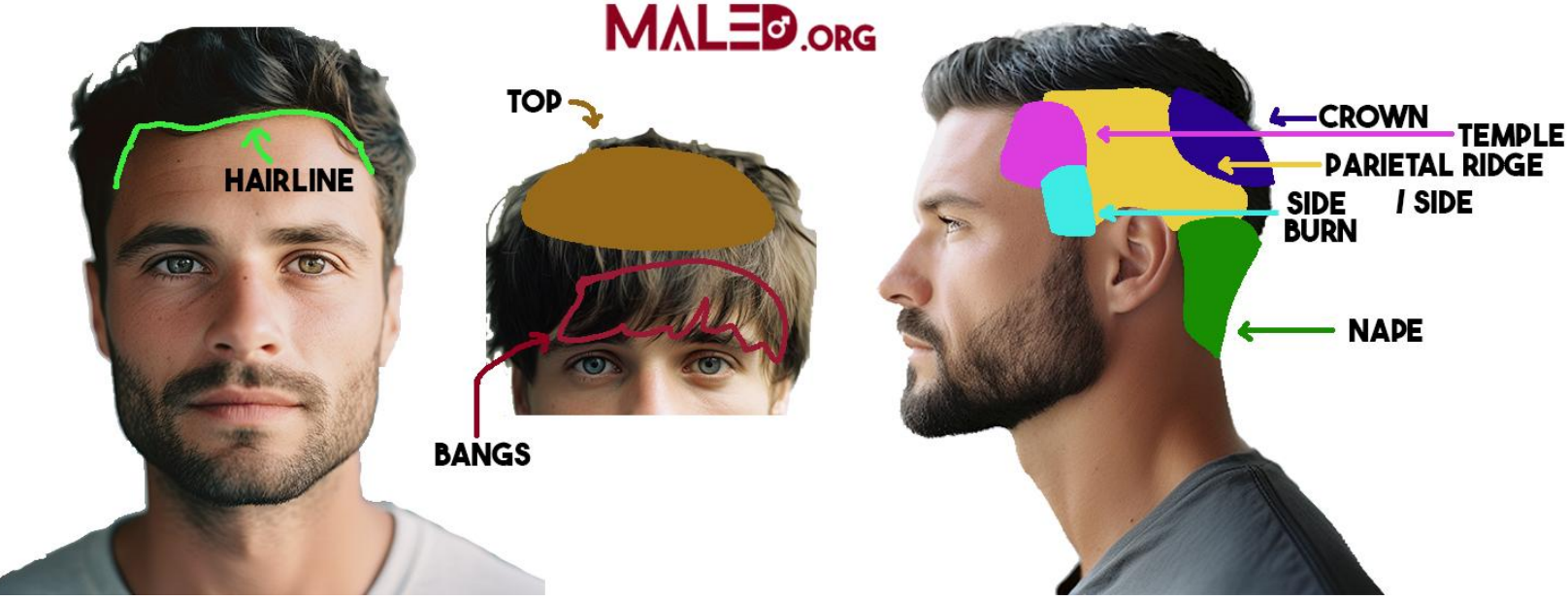

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Tapers :

Gradual fading of hair length, usually from shorter to longer. The difference between a taper and a fade is **a taper only takes place in the temple, and the nape.**

Low Taper: The hair is tapered short around the hairline and ears, creating a subtle transition from the sides to the longer hair on top.

Mid Taper: A taper that falls between the low and high tapers in terms of placement. It provides a balanced look with a moderate transition.

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High Taper: The taper starts higher up on the sides, closer to the temple, resulting in a more pronounced contrast between the shorter sides and longer top.

Taper with Part / Taper with a Line: A taper that incorporates a hard part, which is a shaved or closely cut line on one side of the head, adding a sharp and defined element. This can also include designs

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Icepick Taper: A taper that starts next to the ear, it tapers both the bottom and top of the side burn

TAPERS

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ICEPICK TAPER

Fades :

Similar to a taper but more dramatic, with a sharper transition from short to longer hair.

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Low Fade: A low fade starts around the ear level and gradually tapers down to the neckline. It's a subtle transition that offers a clean and polished appearance without exposing too much skin.

Mid Fade: A mid fade begins above the ears, creating a more noticeable taper. This type of fade is versatile and works well with various hair lengths and styles.

High Fade: A high fade starts near the temples or even higher on the sides and back of the head. It results in a more dramatic contrast between longer hair on top and the closely shaved sides and back.

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Skin Fade: A taper that gradually fades to the skin, creating a seamless blend between the hair and the skin. It's often done as a low, mid, or high skin fade.

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Bald Fade / Zero Fade: The hair gradually blends into the skin, resulting in a very short or shaved appearance at the bottom.

Skin Fade Vs Bald Fade / Zero Fade

It is important to know these haircuts are very similar and in some areas are considered the same exact thing, this also depends on the barber you have. The main difference between a Skinfade and a Bald fade, is that a skinfade typically has a small stubble, and a bald fade has zero stubble at all towards the end of the haircut.

Drop Fade: In a drop fade, the back of the hairline drops lower in the center, creating a "drop" effect. This can add an interesting visual element to the fade. (Less common) This might take some explaining depending on your barber

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Burst Fade: A burst fade features a rounded shape around the ears, similar to a sunburst. It's often combined with other fade styles for a distinctive look. (Less common)

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Type 1

Classic Quiff: A timeless style where hair is longer on top and swept upwards and back, creating volume and texture.

Slicked Back: Hair is smoothly combed back using a styling product for a polished and neat appearance.

Pompadour: Similar to the quiff, the pompadour has longer hair on top that is styled upwards and back with the sides and back shorter.

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Crew Cut: A short and practical cut with evenly trimmed hair all around, great for a clean and low-maintenance look.

Side Part: Hair is parted to one side, giving a clean and sophisticated appearance suitable for various occasions.

Ivy League Cut: Also known as a "Harvard Clip," this style is a longer version of the crew cut, with the top slightly longer for a more formal appearance.

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Faux Hawk: A milder version of the mohawk, with shorter sides and a slightly raised strip of hair down the center.

Comb Over: Hair is combed to one side, creating a sleek and refined look, often accompanied by a part. This haircut is typically similar to a side part, but its slicked back with gel.

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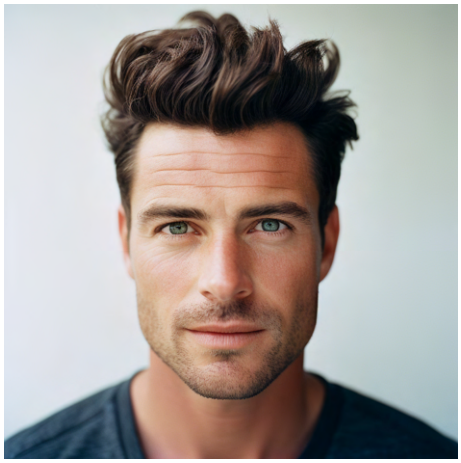
Type 2

Messy Textured Fringe: A casual look with a slightly messy and textured fringe that falls over the forehead. This is typically pared with a taper or fade

Wavy Pompadour: The hair on top is styled into a voluminous pomp, showcasing the natural waves for a modern twist.



Side Swept Bangs: Hair is left longer at the front and swept to one side, creating a stylish and relaxed look. Young Justin Bieber had this haircut. We do NOT recommend it, but if you want to try it, go ahead.

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Mid/Long-Length Waves: Embrace the natural waves by keeping your hair at a medium length, allowing them to flow freely.

Tousled Side Part: Part your hair to the side and create a tousled, relaxed look by scrunching the waves with styling products.

Beachy Waves: Enhance your natural waves with a salt spray to achieve a carefree, beach-inspired look. Typically this is coupled with a perm (unless you have natural waves)

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Shoulder-Length Layers: Typically for longer hair styles. Layering is done at a salon.

Middle Part (With Curtains): Hair is divided down the center, creating a balanced and symmetrical look with the hair falling evenly on both sides of the head.

Man Bun: Long hair tied into a bun typically with a hairband for men.

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Type 3

Curly Undercut: Keep the sides and back short while leaving the top curly and voluminous for a trendy and stylish look.

Curly Quiff: Combine the quiff hairstyle with your natural curls for a textured and modern appearance.

Curly Fringe: Let your curls fall forward into a textured fringe

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Short Curly Crop: Keep your curls relatively short and well-maintained for a neat and manageable appearance.

Curly Mohawk Fade: Pair a fade on the sides with curly hair on top for a bold and edgy mohawk-inspired style.

Modern Mullet : Much like a traditional mullet, yet short on the sides.

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Type 4

Afro: Embrace the natural volume and texture of Type 4 hair with a classic afro style that showcases your curls in all their glory.

Twists: Create twists by sectioning your hair into small sections and twisting them for a neat and defined look.

Two-Strand Twists: Similar to regular twists, two-strand twists involve twisting two sections of hair together, resulting in a textured and stylish appearance.

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Locs (Dreadlocks): Cultivate a distinctive and stylish look by growing dreadlocks, allowing your hair to naturally form into locks over time.

Braids: Braided hairstyles that can range from intricate patterns to simpler designs

Bantu Knots: Create small knots all over your head for a bold and textured hairstyle that celebrates your natural curls.

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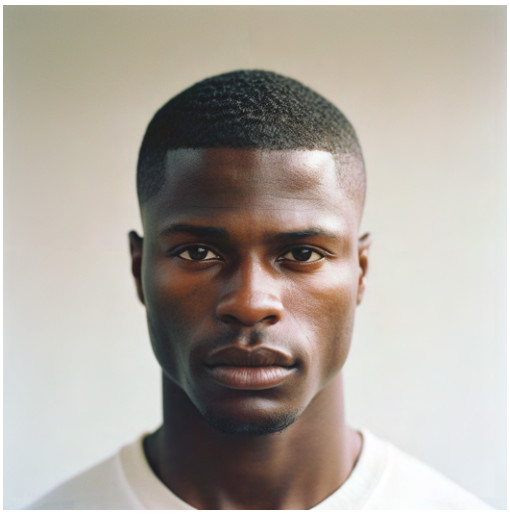
Frohawk: Combine an afro with a mohawk by styling the hair in the middle of your head upwards, creating a unique and edgy look. This hairstyle typically looks good with a fade on the sides

Waves: Much like a crewcut, but combined with a wavy pattern on the top.



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Best Hairstyles for Age

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- -12-15
- 16-18
- 19-23
- 23-31
- 32-49 +

This is our opinion when it comes to hairstyle. These hairstyles are picked due to popularity, looks and trends. These hairstyles will be common but are good none the less.

-12-15

Side Part:

Curly Fringe / Unkept:

Braids:

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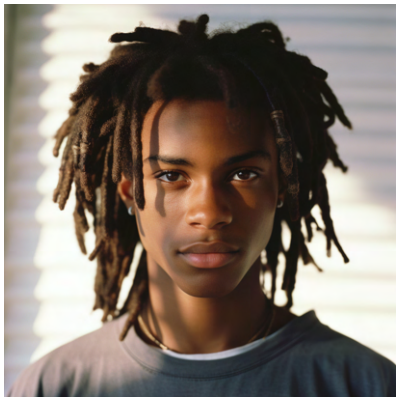
16-18

Middle Part / Curtians:

Curly Undercut:

Dreads:



19-23

Wavy Pompadour:

Short Curly Crop:

Frohawk with a high fade :

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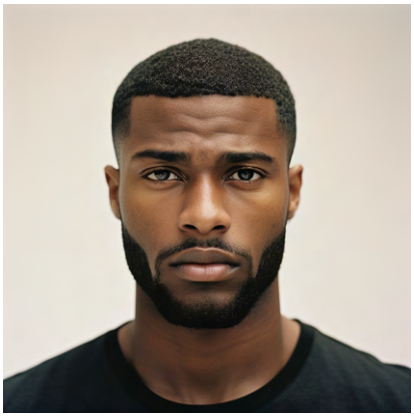
23-31

Slicked Back:

Shoulder-Length Layers:

Crewcut:



32-49+

Buzzcut:

Pompadour:

Afro:

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Romantic vs Casual vs Social vs Formal

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- Intro
- Romantic
- Casual
- Social
- Formal

Intro

Haircuts can BROADLY fit into each of these settings. Does that mean you will automatically get girls if you're wearing a romantic haircut? No. Does this mean it will give you a slight edge over other haircuts? Absolutely.

Some haircuts can also hurt you in other settings. For example a very high sexappeal haircut may hurt you if you're going to a formal business event. Almost like fashion, the presentation does matter. Unfortunately it's hard to change hairstyles on the spot. So most likely you will have to pick a hairstyle and wear it to each event. This all depends on your priorities and we suggest you pick a haircut that suits your main desire.

Do you want to attract more women? Pick a romantic hairstyle, do you want more friends? Pick a social haircut? Do you want a low maintenance haircut? Pick a casual haircut. Do you want more connections? Keep things formal.

You get the idea, so lets get into it.

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Romantic

The highest sexappeal haircut by far is getting a fade on the sides and back.
A taper is good as well but a fade has more sexappeal

The least romantic / haircut with some of the least sexappeal is the side swept haircut.
(Literally no one looks good with this haircut)

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Casual

Casual and social haircuts are going to be similar, these don't really matter as long as they are not extravagant. Typically you don't want anything too outlandish like a mohawk, dyed hair, big afro, or crazy long hair.

Some examples of some good haircuts are Middle Part / Curtains, Short Curly Crops and Braids

Casual haircuts should be low maintenance, something you look good with straight out of bed. Hairstyles that require low maintenance are typically those fluffy, fringy haircuts.

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Social

There are two different ways to rock a “social haircut”

Extravagant Style

Extravagant styles can be good for conversation starters, and niche complements. Be Careful. This can get you outcast from whatever social circle you're trying to get into. This entirely depends on the crowd of people you're talking to and can be a risky move.

Some examples consist of mohawks, dyed hair, drawn patterns etc.

Casual Social Style

This style includes haircuts that are slightly higher maintenance than normal but look good overall.

Some examples consist of layering, side parts, pompadours, dreads etc.

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Formal

Formal haircuts are probably the least practical for the majority of people. The most classy formal haircuts in our opinion is the slicked back hair look, the crewcut, and the comb over

If you really decide to rock this look, we suggest you pare it with “classy cloths”
Just to name some so you get the idea

- Polos
- Sweaters
- Linen Shirts
- Suits
- Button Downs
- Turtle Necks
- Quarter Zips
- Crewnecks

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Styling Products

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- Hold and Control
- Volume and Texture
- Shine

Hold and Control

Hair Gel: Hair gel provides a strong hold and is ideal for creating structured hairstyles. This gives your hair a sleek and polished finish. The product we linked is specifically made for holding your hair in place (for however you style it) Tutorial : CLICK ME Link : CLICK ME	
Hair Wax: Hair wax offers a flexible hold and is perfect for textured and messy hairstyles. It provides a natural look with a matte finish and is suitable for shaping and defining hair without stiffness. Tutorial : CLICK ME Link : CLICK ME	
Pomade: Pomade offers a medium to high hold and a shiny finish. It's excellent for classic, polished styles like pompadours and slick-backs. Pomade provides a pliable hold, making restyling throughout the day easier. Tutorial : CLICK ME Link : CLICK ME	

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Hair Clay: Hair clay provides a strong hold with a matte finish. It's ideal for creating textured, messy hairstyles and adds thickness and volume to the hair. Hair clay offers a natural look and is often used for modern and edgy styles. Tutorial : CLICK ME Link : CLICK ME	
Hair Putty: Hair putty offers a medium hold and a natural, textured finish. It's great for casual styles and adds volume and thickness to the hair. Hair putty is pliable and easy to work with, making it suitable for a range of looks. Tutorial : CLICK ME Link : CLICK ME	
Setting Lotion: Setting lotion is a hairstyling product that offers a strong and lasting hold for various hairstyles. It's commonly used before heat styling or rollers to help set curls and maintain the desired look. It provides a firm hold without leaving a heavy residue, ensuring a polished finish for your hairdo. Tutorial : CLICK ME Link : CLICK ME	

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Volume and Texture

Sea Salt Spray: Sea salt spray mimics the texture and waves achieved after a day at the beach. It adds texture and a matte finish to the hair, creating a windswept look that's perfect for casual styles. Tutorial : CLICK ME Link : CLICK ME	
Volumizing Powder: Volumizing powder is a fine powder that adds instant lift and thickness to the hair. It's applied at the roots to create height and texture, making it an excellent choice for fine or limp hair. Tutorial : CLICK ME Link : CLICK ME	
Texturizing Spray: Texturizing spray adds grip and volume to the hair, creating a tousled and beachy texture. It's great for achieving a relaxed and effortless look with added body and movement. Tutorial : CLICK ME Link : CLICK ME	
Hair Styling Cream: Hair styling cream offers a flexible hold and natural finish. It's versatile and works well for a wide range of hairstyles, providing control without stiffness. Styling cream adds definition and texture while keeping the hair soft and manageable. Tutorial : CLICK ME Link : CLICK ME	

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Hair Mousse: Hair mousse is a lightweight foam that adds volume and structure to the hair. It's perfect for enhancing curls, adding bounce, and providing a fuller appearance while maintaining a natural feel. Tutorial : CLICK ME Link : CLICK ME	

Shine

Hair Shine Serum: Hair serum is a lightweight, leave-in product that helps control frizz, add shine, and provide a smooth finish to your hair. It can also offer heat protection and improve manageability, making it a versatile choice for enhancing your hair's appearance. Tutorial : CLICK ME Link : CLICK ME	
Shine Spray: Shine spray is designed to add a glossy and radiant finish to your hair. It imparts a reflective sheen, enhancing your hair's natural luster and making it appear healthier and more vibrant. Tutorial : CLICK ME Link : CLICK ME	

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Hair Oil: Hair oil, often infused with nourishing ingredients, is used to moisturize and condition the hair. It helps to tame frizz, promote shine, and improve overall hair health. Hair oil can be applied to damp or dry hair and is beneficial for providing a smooth and sleek look. Tutorial : CLICK ME Link : CLICK ME	

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How to Pick A Hairstyle

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- Hair Type
- Face Shape / Facial Features
- Morphs
- Similars Method
- Our Recommendation
- Styles We Never Recommend

Hair Type

Your hair type is going to limit you hairstyle wise already. The best thing you can do to pick a hairstyle is lookup. “Mens Hairstyles for (your hair type)”
We included some of the most popular hairstyles in the Hairstyling Introduction portion of the guide.

DISCLAIMER***
When showing your barber pictures of a hairstyle, keep in mind you won't look exactly the same unless you have the same hairstyle as the person in the picture. This might be the reason you show your barber a haircut and it looks horrible on you after you get the haircut.

Face Shape / Facial Features

If you ever read or watch videos on picking a hairstyle the most common advice given is always “find out what your face shape is” i'm sure you’ve been told to find your face shape and then lookup haircuts for your face shape. We don't know who made that up, but if you ever actually look into those haircuts, there is nothing special about them. In other words. Face Shape does NOT matter, we repeat, face shape does NOT matter when picking a haircut.

What matters is your FACIAL FEATURES. We're going to give you some examples as well.

Facial Feature : Big Forehead - Get a hairstyle like a fringe that covers your forehead

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FACIAL FEATURE : BIG FOREHEAD

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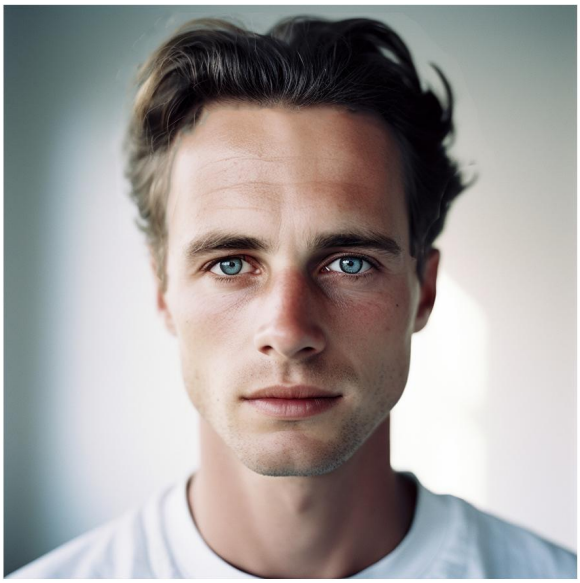

Facial Feature : Short Forehead - Oftentimes a short forehead is considered a good thing, if your forehead is so short that it's uncanny, get a fully / tall hair style.

FACIAL FEATURE : SHORT FOREHEAD

MALED.ORG

Facial Feature : Long Face - Keep your hair flat / short. Avoid spiked up haircuts (they make your face look even longer)

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FACIAL FEATURE : LONG FACE

MALED.ORG

Facial Feature : Wide Face - Keep your hair short on a side, we recommend getting a fade or taper

FACIAL FEATURE : WIDE FACE

MALED.ORG

Facial Feature: Round Face - Choose hairstyles that add height and volume to elongate the face, such as a faux hawk or a messy quiff.

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FACIAL FEATURE : ROUND FACE

MALED.ORG

Facial Feature: Protruding Ears - Opt for hairstyles that provide some coverage around the ears, like a longer side-swept style or a textured side-part.

FACIAL FEATURE : PROTRUDING EARS

MALED.ORG

Morphs

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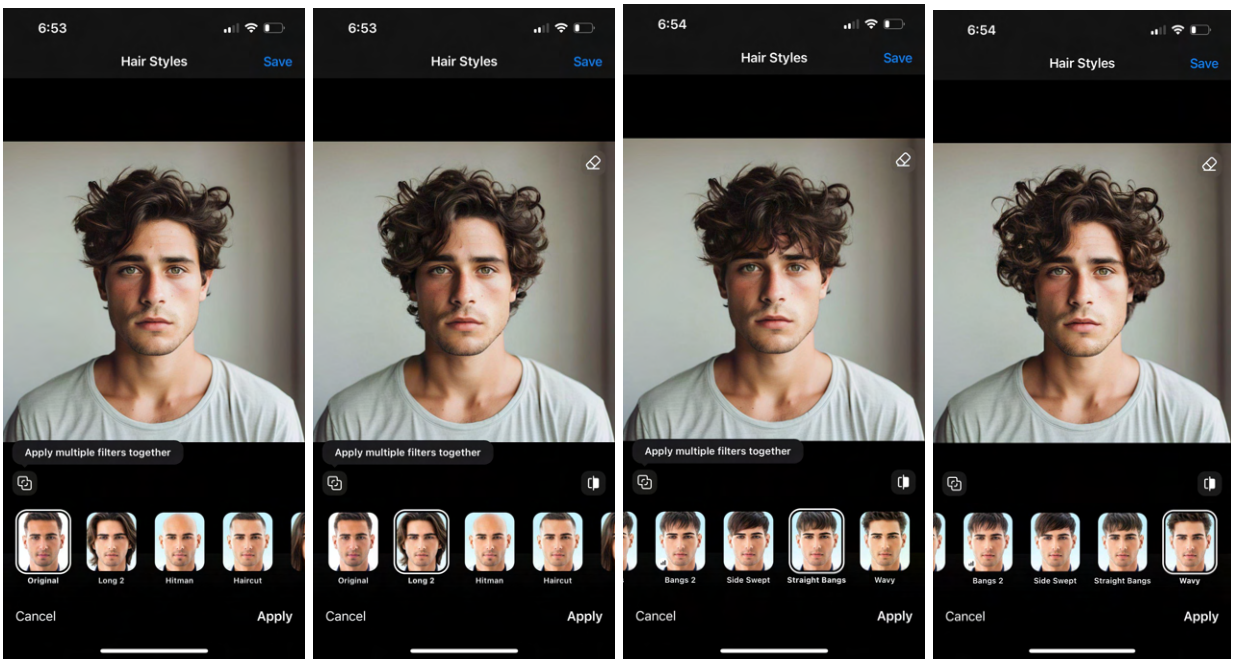
Morphs are the easiest way to see if a haircut would suit you. Unfortunately options are limited if you want them for free. Remember, this is not what you will 100% look like however.
Here are some examples from faceapp.



Free	Paid (Best Results)
Photoshop (Hard to learn) Emulation Website CLICK ME (Limited Options)	Fiver / Upwork (Pay someone to do it for you) Face App ($5) Facetune ($10)

Growing hair takes a LONG time, so this is the most efficient method to see if hair styles actually look good on you.

Similars Method

This method is the second best method if you can't find any good morphs. The similar method is a method we have put together to get better haircut results.

Find someone who has your facial features by looking up
“Hair styles for (insert your hair type) men” **EX : Hairstyles for hair type 1 men**
on google or pinterest. Find someone who looks similar to you with a haircut you like. If you show your barber this haircut, and the person actually looks similar to you, chances are you will get a similar haircut if your barber is good.

Our Recommendation

Were going to step by step recommend the easiest way to pick your hair type.

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#1 : If you have straight, wavy or curly hair, download faceapp (use the free trial)
#1 : If you have coily/kinky hair refer to step two (because options are limited on faceapp)
#2 : If you haven't found a hairstyle you like use the “Similars Method”
#3 : If you haven't found a hairstyle you like, go on tiktok, search “haircuts for men” and hope that your barber is good. You probably won't get a similar haircut if your hair types and facial features are different though.

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Styles We Never Recommend

There are two main styles we NEVER recommend for anyone. That's the Side swept haircut. (Literally no one looks good with this haircut) and the Edgar haircut. The edgar haircut is extremely hard to pull off.

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Finding A Barber

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- Intro
- Method #1
- Method #2

Intro
Finding a good barber is essential for a good haircut. The good thing is, you only need to find one or two to get consistent good cuts for long periods of time.

The main thing you need to figure out is, what kind of haircut are you going for?
For example, most barbers are going to be good at classic haircuts, with a trim around the sides.

One step up from that, you might find some barbers who are really good at tapers and fades. But what if you have long hair and you need layers? Well, then you might need to find a salon, or go to a couple places to find the right barber. We're only going to be able to walk you through the process of getting a barber in your area.

Sometimes, it is simply the barbers fault. If you get a horrible haircut after you've done everything to show the barber what you want, find a new barber.
(Typically a male barber is a lot better for cutting mens hair)

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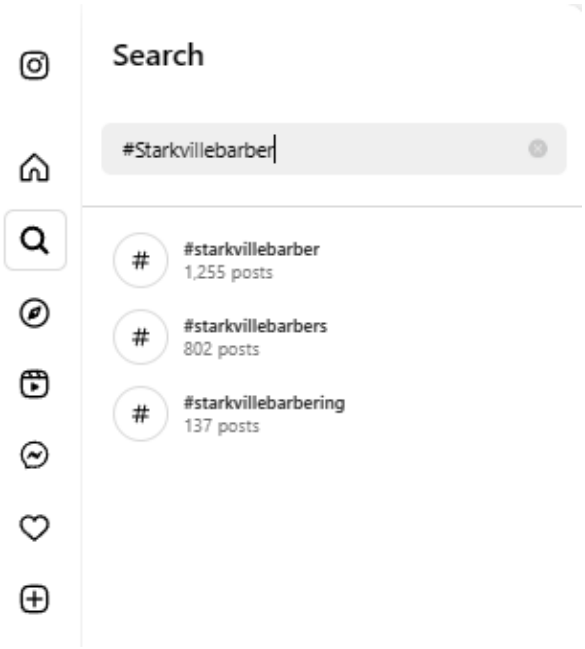
Step By Step

There are multiple ways to find barbers, we're going to give you a couple. Let's find a barber together!

Method #1: The Instagram Location Method

Step 1: Go to Instagram, Search #(name of your city) barber.



Step 2: Click on the hashtag

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Step 3: Find the haircuts you like

Step 4: Click the barber's profile, book an appointment via the link in their bio or dm them asking for the price and location of where they cut hair.

Make sure to search up the location on google maps before hand so nothing is sketchy, you can always call real locations if your worried

This method is good because you can see the barbers previous work, the only problem you may run into is not finding any barbers posting on instagram in your error. If that's the case we have a second method for you.

Method #2: The Google Maps Location Method

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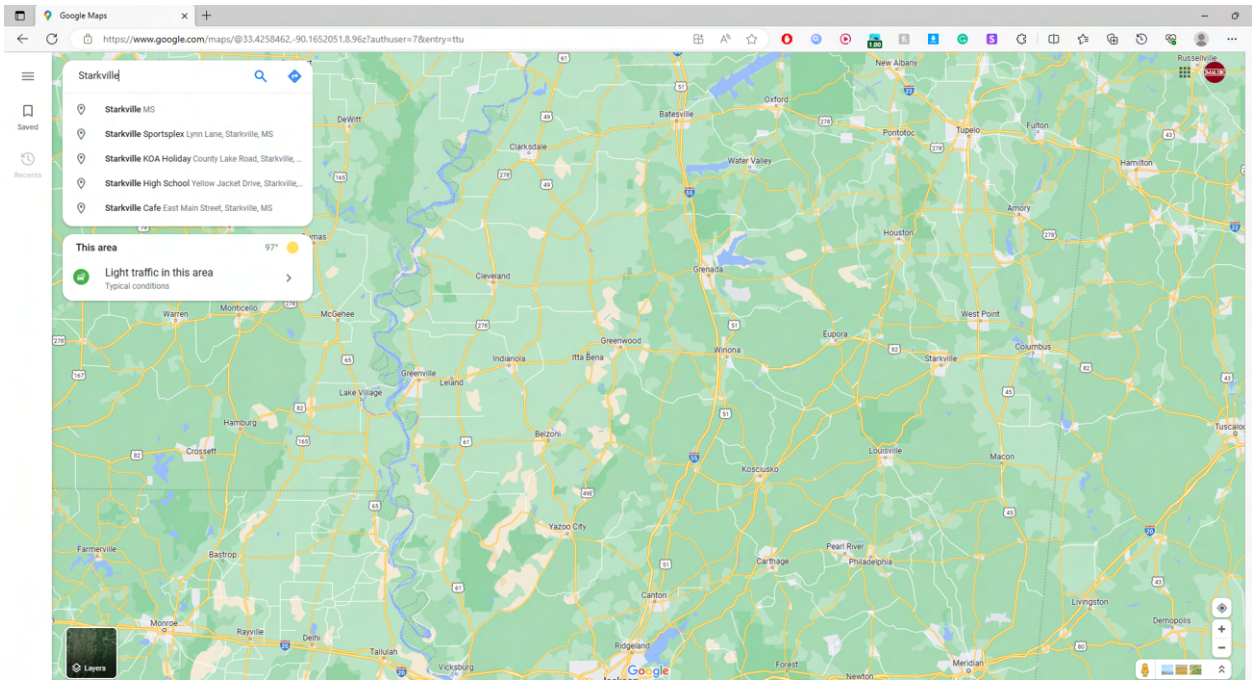
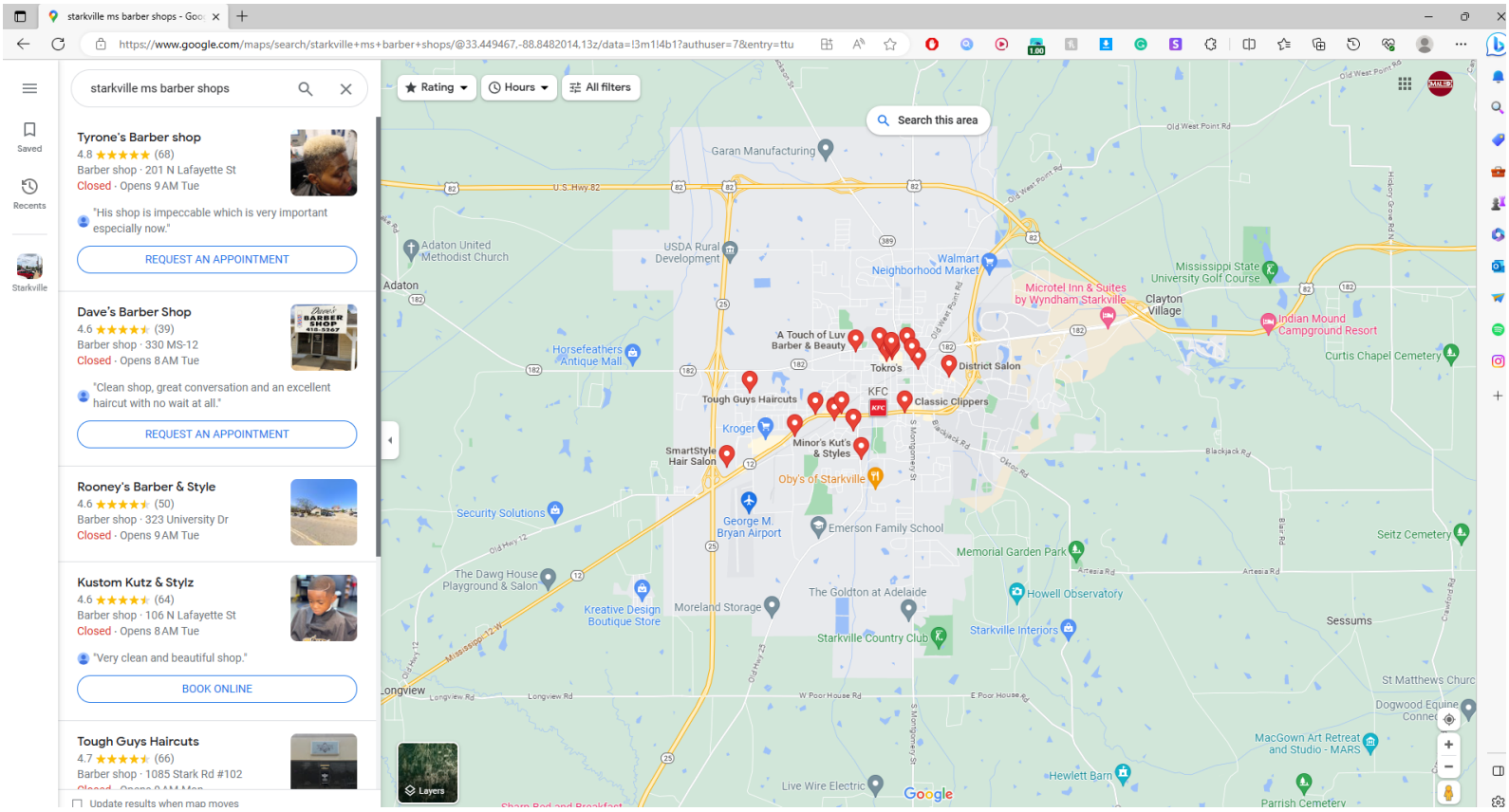
Step 1: Go google maps



Step 2: Type in your city followed by one of these options : Barber, Haircut, Barbershop



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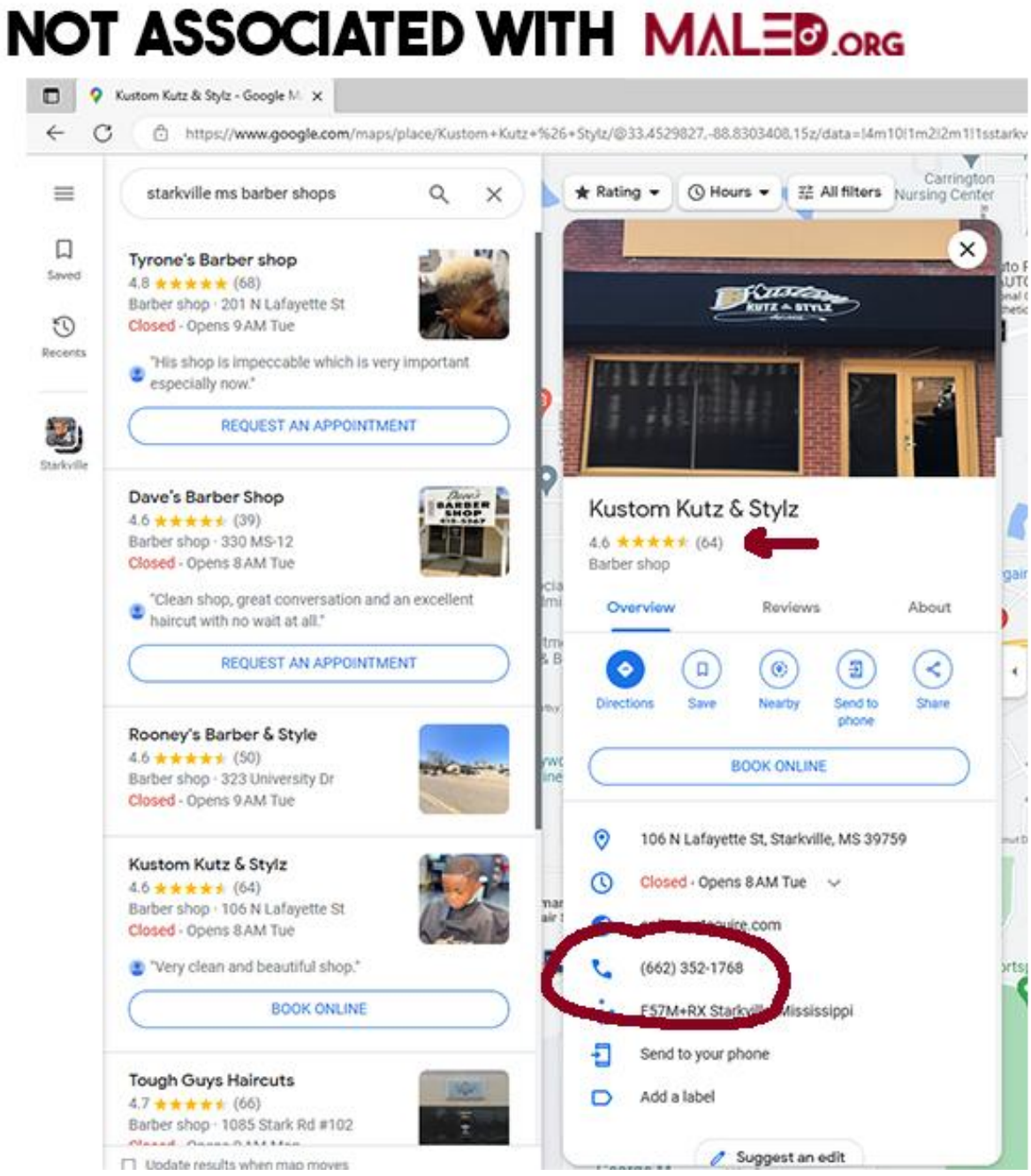
Step 3: Click One, look at the pictures and give them a phone call. Ask for a price and a time to set the appointment.



Call around, ask for different prices, more often than not they will ask what kind of haircut you'd like to get. Most importantly. READ THEIR REVIEWS! Especially the bad ones.

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The Importance of Hair Scent

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- Why should I Even Care?
- Casual
- Social
- Formal
- Romantic

Why should I Even Care?

Hair scent is often an overlooked part of hair. If you have a good hair smell, you WILL get compliments on it. It is important to choose between casual, social, formal and romantic. Based on what setting you're going into.

What Exactly Makes Up Hair Scent?

There are three things to focus on when trying to get good smelling hair.
#1 : Natural smell
#2 : Products your putting into your hair
#3 : Oder

We will break down each portion in other sections of the guide. For now we will explain what smell you should have for each environment.

Casual

This is going to be one of your most important smells to choose. Casual is an everyday smell so choose wisely.
We suggest you pick one of the three categories that is most important to you, and wear it everyday.
For example if having a formal aura is important to you, pick a daily scent that fits that formal theme.

Lastly, we would also like to mention, you should have a winter and summer hair smell. Summer being fresh, sweet and beachy. Winter is spicy, warm and sexy.

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Social

In our opinion the best social smells are :

- Vanilla (Most liked smell in the world / can't go wrong)
- Aqua or Ocean Breeze (Clean, Fresh)
- Light Woodsy Notes (Masculine)
- Floral Fragrances (Feminine / Social)
- Citrus Scents (Head Turner)

Formal

In our opinion the best formal smells are :

- Woody Scents (Masculine)
- Leather (Usually doesn't smell very good tbh, but masculine)
- Oriental (Warm, Spicy, Powerful)
- Musk (Respectable, Aggressive)
- Sandalwood (Clean, Manly)

Romantic

In our opinion the best romantic smells are :

- Vanilla (Universally liked, cant go wrong)
- Dark Roses (Sexy, Passionate)
- Cinnamon (Sweet)
- Sandalwood (Masculine, Fresh, Clean)

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Natural vs Products

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- Natural Pros & Cons
- Products Pros & Cons
- Getting a Good Hair Smell

Natural Pros:

Pure Fragrance: Natural products offer authentic, unadulterated scents so they wont affect your health unless you have oil allergies.
Gentle on Skin: Natural ingredients are often less likely to cause skin irritations and sensitivities.

Natural Cons:

Unappealing Look : Using oils can make your hair look greasy
Build Up : Using natural oils can build up on your scalp and turn into a paste if you dont wash it off.

Natural Scents :
Peppermint oil, Lavender oil, Vanilla oil, Eucalyptus oil, Tea Tree Oil, Sandalwood, Rosemary, Cedarwood and Citrus.

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Products Pros:

Specific Smells: Brands like Herbal Essences, Pantene, and Dove offer scented options that give you specific scents you cannot get from oils.
Leave-In Conditioners: Products like Moroccan Oil provide lasting scent while offering hair hydration and manageability. It is also much more convenient
Typically Less Greasy: There is a much lower chance of buildup if your using a scented shampoo or leave-in conditioner.

Products Cons:

Synthetic Fragrances: Some products use synthetic fragrances that may not suit all individuals. If you do decide to use a synthetic fragrance you should make sure it smells good universally.
Allergies and Sensitivities: Strong fragrances may cause allergic reactions or irritate sensitive skin. This is because the “fragrance” part of brands does not have to be disclosed. Meaning they can put tons of synthetic “fragrance” that could be bad for you in it.

Getting a Good Hair Smell

1. The easiest way to get a good hair smell is by picking a scent we listed off in the hair scent importance section and finding some essential oils with that same smell.
2. Next, put the oils into a bottle with water and spray it on your hair.

Here's a summer essential oils pack
Here's a winter essential oils pack

You could also buy some hair smell products, we suggest using CleanCutCosmetics salt spray, it's two in one. You might ask why?
#1: It has a nice vanilla smell
#2: It textures your hair.

Here's a link CLICK ME

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Dealing with Odor

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- When to Wash

Dealing with Odor

One of the most important factors of having good smelling hair is removing all oder. THIS IS A BARE MINIMUM. Sweat and sebum buildup is the main factor for your hair and scalp smelling bad.

Sweat and Sebum Buildup: Sweat and sebum buildup in your hair can lead to an unpleasant odor. Wash your hair with a gentle shampoo every 2-3 days to remove sweat and excess oils. You can also exfoliate your hair if you smell bad regularly. We suggest : The Inkey List Salicylic Acid Exfoliating Scalp Treatment

When Should I Wash My Hair?

Let's keep this simple. Here are the times you absolutely need to wash your hair to get rid of bad smells.

After Workouts: Wash your hair immediately after intense workouts or activities that cause excessive sweating. This includes light cardo if you're sweating, wash it after.

Before Special Occasions: Just to be safe wash your hair, we all know that one guy who smells bad at an event, it destroys your social life if you smell bad.

When Hair Feels Greasy: This is a given. If your hair feels visibly greasy or heavy, it's a sign that it's time for a wash.

Masks and Helmets: If you regularly wear masks or helmets, whether you play a sport like football or boxing with headgear. If you're wearing a helmet, wash your hair after.

Ensure your hair is completely dry after washing, as dampness can contribute to odor.

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Facial Hair Styling

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- Intro
- Grow or No
- Styles

The Basics

When it comes to facial hair style, there are two main things you need to know.
#1 : Would I look good with facial hair?
#2 : What facial hair would look good on me?

Yes, there's a difference. In this styling portion we are going to go over how to see if you look good with facial hair and what styles you should try

For facial hair growth refer to the Eyebrows, Eyelashes, Facial Hair regrowth section of the guide.

Should I even bother growing Facial Hair?

Growth should depend on your facial features. So we're going to lay them out.
This is general advice. You need to analyze your own face and try different styles out for yourself to find the best solution for you.

When styling your own hair, its best to grow hair around your flaws while keeping your good features visible. For example if you're lacking chin height its best that you grow hair in that area to give the appearance of a good chin.
With that being said if you truly have no good features on your lower third. A beard is your best friend.

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Good Jaw + Good Chin :

Stay Clean Shaven Or Grow a Designer Stubble to show off your jaw.

Bad Jaw + Bad Chin :

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Grow facial hair with more hair around the chin. Things like a goatee, classic beard, or normal facial hair maintenance will do the trick.

Bad Jaw + Bad Chin :

Grow a full classic beard. There's no shame in hiding your features if you were born with a bad lower third.

To find out what you would look like with facial hair, we have a couple options.

Free	Paid (Best Results)
Photoshop (Hard to learn) Emulation Website CLICK ME (Our Suggestion but limited options) Use the "Similars Method"	Fiver / Upwork (Pay someone to do it for you)

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Styles

There are so many styles to cover so we're going to give you the best looking and most popular ones.

Clean-Shaven

Designer Stubble

Goatee + Mustache

Mustache

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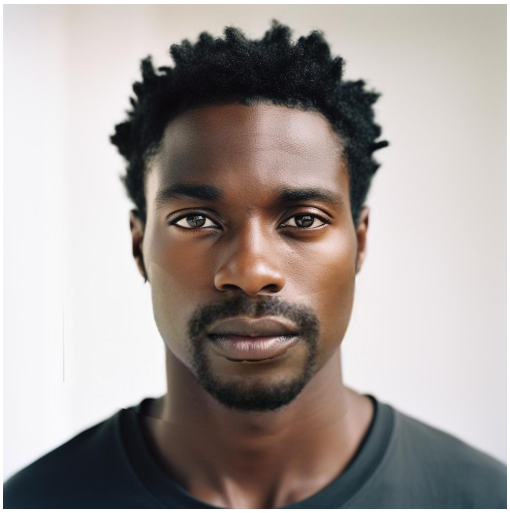
Circle Beard



Classic Full Beard

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Grooming

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- Trimming and Shaping
- Eyebrows

Lining Up

While trimming, shaping and shaving all depends on what style you're going for, lining up your beard is essential to look hygienic and fresh.

The frequency of lining up your beard can vary depending on the rate of your facial hair growth and the style you're aiming for. However, a general guideline for lining up your beard is about once every week.

We're going to walk you through our routines for lining up each part of your beard.
For this you're going to need five items. While they are not all essential they each help.
#1 Comb or Brush
#2 Razor
#3 An Electric Razor
#4 An Eyebrow Razor
#5 A straight edge (Like a folder, ruler, book etc.)

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First, you need to line up the SIDES, of your beard. **Use the comb to comb your hair down** Find the “sideline” of your beard. This is the line that connects from your sideburn to the end of your mustache.

Here's a visual

Each beard angle is going to be different, so we suggest you take your straight edge. Make a line on your face and shave above that edge.

Here's another visual

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Last for the sides, you should leave yourself an INDENT near your mustache to separate the beard

Here's our last visual

Take that eyebrow razor and trim everything above the lines you just made.
The next place to lineup is the part of your beard near your masseter muscle. (Your jaw)
This one is simple, your beard should curve to cover your masseter muscle, it looks uncanny if it doesnt. Do NOT shave straight down.

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Next the neck beard. Everyone gets this wrong… everyone.
If you have no hair under your chin it looks very weird.
If you cut your hair too short it looks like you have a double chin
If you have too much hair on your neck it looks ugly and unhygienic
So how do you lineup under your beard

The easiest way to shave this is by putting one finger above your adam's apple, and then shaving below that.
Next find the corner of your jaw (specifically your masseter muscle) , then shave slightly below that. Lastly connect the two. Using a straight diagonal line.

Shave everything under that as well, typically those hairs grow upwards and it's best to shave that area constantly.

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Trimming and Shaping

Each beard has specific places to trim and shape.
Here is our charts

Designer Stubble

Goatee + Mustache

Mustache

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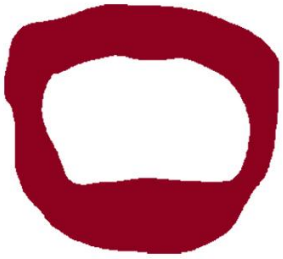
MUSTACHE

MALED.ORG

Circle Beard

CIRCLE BEARD

MALED.ORG



Classic Full Beard

CLASSIC FULL BEARD

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When trimming you want to give your beard more angularity. So its important to understand what the overall goal should be when growing a fuller beard.

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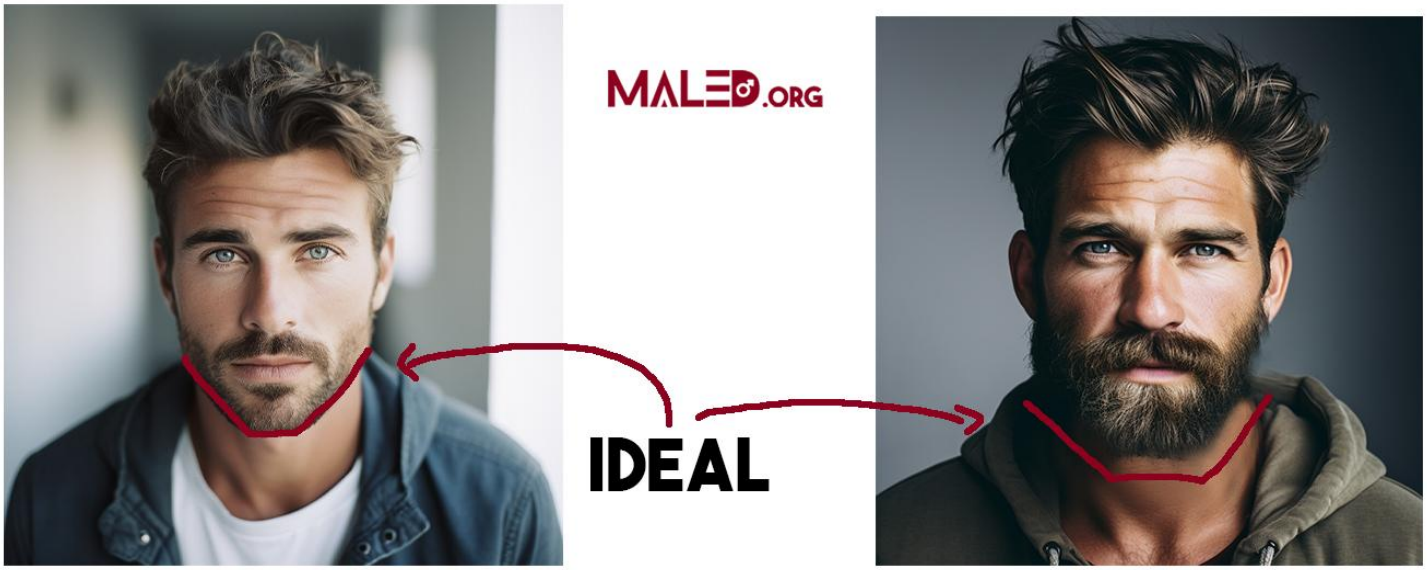
The most attractive look for men is an angular jaw. Ideally having a trapezoid like look.



So when shaping your beard you should always make sure you have a trapezoid look to it. Luckily there are no genetics involved; it comes down to how you decide to shape your beard. This can change the your face if you have bad jaw and chin features

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Eyebrows

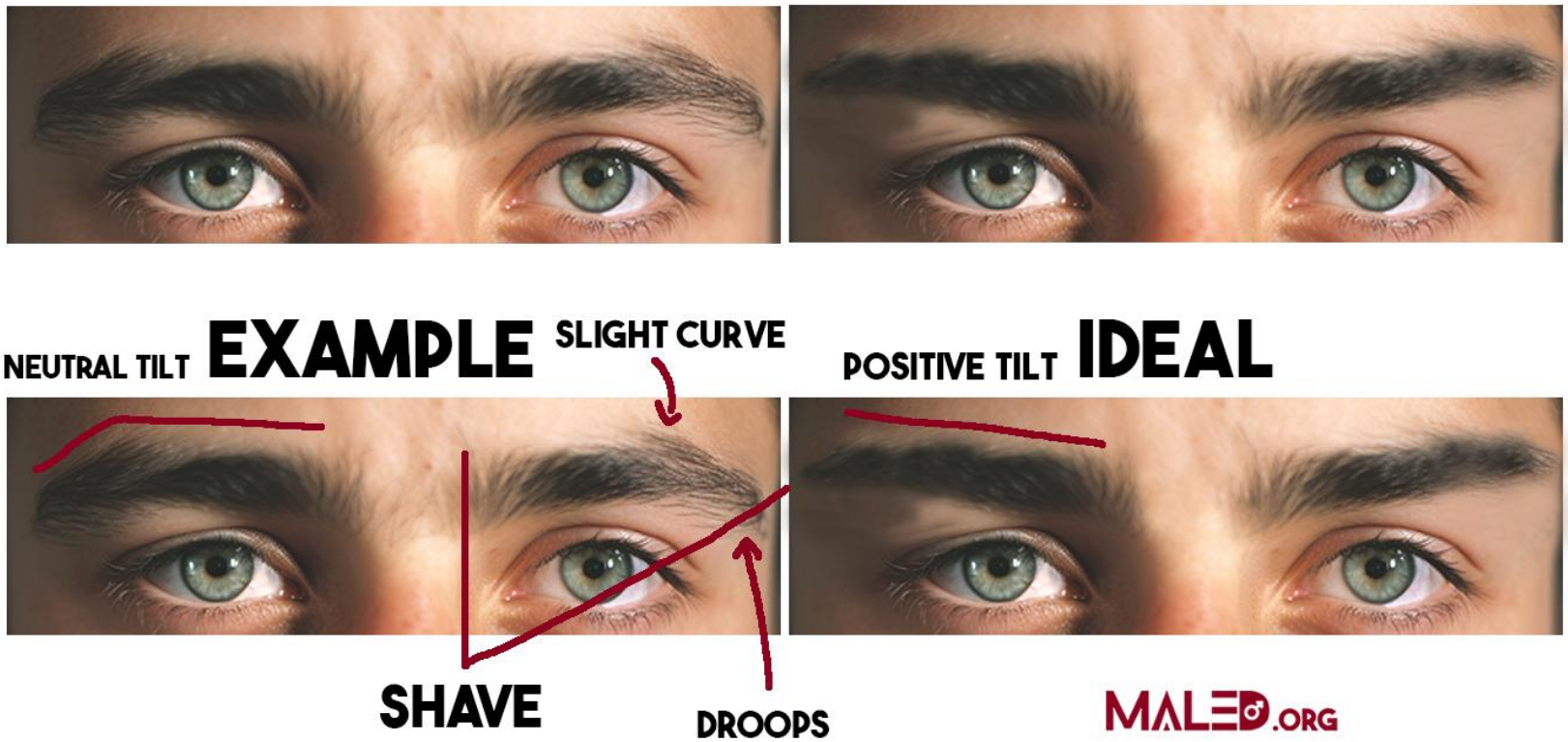
Were only going to briefly touch on eyebrows

Shape : You should try to get your eyebrows as straight as possible, most eyebrows are curvey but you should take an eyebrow razor and shave it until they are straight. Or atleast shave the part of the eyebrow that droops down. This is a big problem that we see all the time.

Tilt : Ideally you want them to be positively tilted (tilted slightly downwards)

Thickness : The denser / thicker the better

Length : Look at your nasal bridge (middle part of your nose) and trim from the inside. If your eyebrows are very long on the edge, trim that down as well but this almost never happens.



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Body Hair Grooming

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- Chest
- Armpits
- Forearms
- Back
- Legs
- Neckbeard
- Under Belly Button
- Beneath The Belt
- Bum Whiskers

Intro

For anything above your jaw, please refer to the facial grooming section of the guide.
Body hair preferences can vary among individuals, and it's important to consider personal preferences. If you're aiming for a more masculine and dominant appearance, enhancing body hair could potentially be more attractive to a woman who is looking for a very masculine guy.

It's worth noting that different ethnicities may have different levels of body hair – for example, Asians may generally have less body hair, while Arabs may have more. It's important to approach these topics with sensitivity and respect for diverse perspectives.

Having little to no body hair generally won't lead to rejection, but an excess of body hair might potentially affect your appeal. To err on the side of caution, opting for a hairless look is a safe choice. We think mostly hairless appearance's look better ESPECIALLY if you have a good lean physique. Less hair highlights vascularity and muscle definition. Additionally, it's worth considering that younger women as well as typically Asian women often favor less hair.

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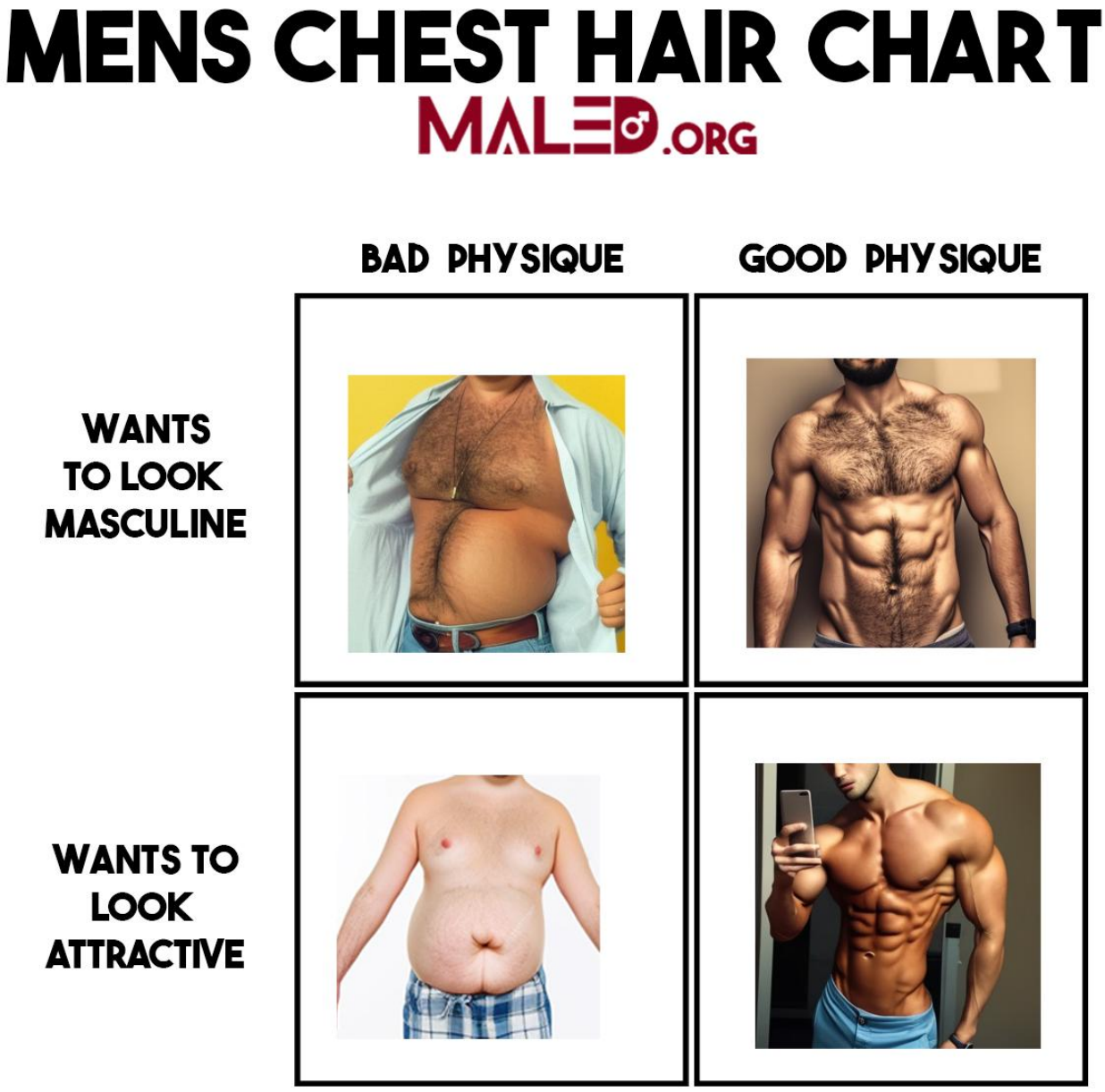
Chest

Chest hair often looks bad. This is because you need a good physique to pull it off. If you do have a good physique this can enhance your masculine appearance assuming you dont have too much.



For most people, you should shave your chest hair.

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Forearms
A moderate amount of hair on the forearms can be appealing due to its association with masculinity, similar to chest hair. However, excessive hair might not be as aesthetically pleasing.

Forearms are one of the few exceptions where having little to no hair makes the body part really POP. If you have overly hairy forearms, trimming them or fully shaving them is a great idea. Especially for the summer when you get more warm and vascular.
It's important to note that hair color matters a lot. If you have very dark long forearm hair, its going to look more dense while if you have light sparse hairs on your forearms there is no need to shave.

Just Enough

Too Much

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Legs

There is no reason to shave your legs, unless your werewolf levels of harry. Some expections include :

If your lifting (and have super defined vascular legs)

If your a swimmer

If your a cyclist

(You participate in any hobby or sport of that nature)

Back

Back hair is generally considered unfavorable in appearance. If you find yourself having back hair remove it ASAP. For a more lasting solution, you might want to explore permanent laser hair removal.

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Neckbeard

There is NO reason to have a neckbeard. If you have really bad neck hair you should preminetly remove it. They look horrible, are uncleanly and unsanitary. They look dirty and unkept. AGAIN, there is no reason to have one, shave it off ASAP

Refer to the beard grooming section to avoid this.

Under Belly Button

Certainly not aesthetically pleasing, hair below the belly button is often considered unattractive. If you have well-defined abs, it can obscure their definition unnecessarily, resulting in an unkempt appearance. This issue is very common with teens SHAVE IT ASAP

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Armpits

Most people will disagree with us, but we think most men should trim their armpits. For one is more clean which will make your armpits smell better. We suggest trimming them with an electric razor or pair of clippers with a thick gaurd.

Beneath The Belt

Clean shaven is better than having a jungle down there, its cleaner, easier for your partner and makes everything looks bigger. With that being said it looks a little strangle complely clean shaven so we suggest keeping it trimmed. Half an in of hair is fine for length.

Bum Whiskers / Bum Hair

Most people can leave this alone, but for my very harry fellows, you should consider shaving it.

We think the best approach is getting an electric shaver that will not cut you like the philips norelco and shaving around that area. It's cleaner, looks better and makes things like washing and whipping easier.

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Hair Removal

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Non Permanent

Electric Razor

An electric shaver is a versatile grooming tool designed to provide a convenient and efficient way to remove unwanted hair from various parts of the body. Unlike traditional manual razors, electric shavers use motor-driven blades to trim or shave hair, offering both dry and wet shaving options. These are typically very easy to use and fast but they dont cut as low as other razors

Types of Electric Shavers:

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Foil Shavers: These shavers have a thin layer of protective foil covering the blades. The hair enters the holes in the foil and is cut by the oscillating blades underneath. Foil shavers are best for a close shave and work well for shorter hair.

Rotary Shavers:
Rotary shavers have multiple round heads that rotate to lift and cut hair. The spinning heads follow the contours of your face for efficient hair removal. Rotary shavers are ideal for longer hair and areas with irregular contours.

Benefits of Electric Shavers:

- **Convenience:** Electric shavers are quick and easy to use, making them a time-saving option for grooming on the go.
- **Reduced Irritation:** Unlike manual razors, electric shavers minimize direct contact with the skin, reducing the risk of nicks, cuts, and razor burn.
- **Dry and Wet Shaving:** Many electric shavers offer the flexibility to be used on dry or wet skin, allowing you to customize your grooming routine.
- **Minimal Cleanup:** Electric shavers produce less mess compared to traditional razors, as there's no need for shaving cream or water.

Considerations:
Price: Electric shavers can vary widely in price based on features, quality, and brand but on average they are more expensive than razors. With being said they last longer.

Skin Sensitivity: While electric shavers are generally gentler on the skin, it is rare for individuals with sensitive skin to experience irritation or redness.

Maintenance: Regular cleaning and maintenance of the shaver's blades and components are essential to ensure optimal performance and longevity.

Learning Curve: Using an electric shaver might require a brief adjustment period to achieve the desired results, especially for those new to electric shaving.

Usage Tips: Ensure the shaver is fully charged before use for consistent performance. For rotary shavers, use circular motions and move against the grain for efficient hair removal. For foil shavers, use straight strokes in the direction of hair growth for a smooth shave.
Keep the shaver clean by regularly removing hair buildup and following the manufacturer's cleaning instructions. Electric shavers offer a convenient and efficient way to maintain a well-groomed appearance without the need for water, shaving cream, or replacement blades. They are especially suitable for those looking for a quick and comfortable shaving experience.

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Shaving Cream and Razors

Normal Razor and Shaving Cream Using a normal razor along with shaving cream is a traditional and popular method for removing unwanted hair. This classic approach provides a close shave and offers several benefits for achieving smooth skin.

Shaving Technique:

- **Preparation:** Begin by wetting the area you plan to shave. The warm water will help soften the hair and open up the pores, making the shaving process smoother.
- **Apply Shaving Cream:** Generously apply shaving cream or gel to the area. This step is crucial as it creates a protective layer between the razor and your skin, reducing friction and irritation.
- **Shave:** Hold the razor at a slight angle and use short, gentle strokes in the direction of hair growth. Avoid pressing too hard, as the weight of the razor should be sufficient. Rinse the razor frequently to prevent clogging.
- **CAUTION :** NEVER SHAVE SIDEWAYS, only up and down.
- **Rinse and Moisturize:** After shaving, rinse the area with cold water to close the pores. Pat your skin dry and apply a soothing moisturizer to prevent dryness and irritation.

Benefits:
Close Shave: Using a normal razor and shaving cream ensures a close and smooth shave, leaving the skin feeling soft.

Affordability: Manual razors are cost-effective upfront, although replacement blade costs can accumulate over time.

Control: You have precise control over the shaving angle and pressure, allowing you to target specific areas with accuracy. Available Everywhere: Normal razors and shaving cream are widely available at drugstores, supermarkets, and convenience stores.

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Considerations:

- **Cost of Blades:** While manual razors themselves are affordable, replacement blades can add up over time.
- **Risk of Nicks and Cuts:** Using a normal razor requires careful technique to avoid nicks, cuts, and irritation. Always use a sharp blade.
- **Ingrown Hairs:** There's a potential risk of ingrown hairs, especially if the hair is cut too short or if you shave against the direction of growth.
- **Skin Sensitivity:** Some individuals may experience redness, razor burn, or irritation, particularly if they have sensitive skin.

Aftercare: Applying an alcohol-free aftershave or moisturizer after shaving can help soothe the skin and reduce irritation.

Tips for a Comfortable Shave:
Use a high-quality shaving cream or gel that suits your skin type.
Choose a razor with multiple blades for a smoother shave.
Exfoliate the skin before shaving to prevent ingrown hairs.
Avoid using excessive pressure while shaving to reduce irritation.
Replace razor blades regularly to ensure a close and safe shave.

Using a normal razor and shaving cream offers a tried-and-true method for achieving smooth and clean skin. With proper technique and attention to your skin's needs, you can enjoy a comfortable shaving experience and great results.

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Hair Removal Cream

Hair Removal Cream Hair removal creams, also known as depilatory creams, offer a convenient and pain-free way to remove unwanted hair from various parts of the body. These creams work by breaking down the protein structure of the hair, allowing it to be wiped away easily.

Usage Technique:

- **Patch Test:** Before using the cream, perform a patch test on a small area of skin to check for any adverse reactions or allergies.
- **Clean and Dry Skin:** Ensure the skin is clean and dry before applying the cream.
- **Apply the Cream:** Generously apply the hair removal cream to the desired area, ensuring that all the hair is covered.
- **Wait:** Follow the instructions on the product's packaging for the recommended waiting time. This usually ranges from a few minutes to around 10 minutes.
- **Wipe Away:** Using a spatula or a damp cloth, gently wipe away the cream along with the dissolved hair. You should see the hair come off easily.
- **Rinse:** After removing the cream, rinse the area thoroughly with water to remove any residue.
- **Moisturize:** Apply a soothing moisturizer to keep the skin hydrated after the process.

Benefits:
Convenience: Hair removal creams offer a quick and hassle-free way to remove hair without the need for shaving or waxing.

Painless: Hair removal creams are generally painless, making them suitable for individuals with lower pain tolerance.

Smooth Skin: These creams can leave your skin feeling smooth and hair-free.

Suitable for Sensitive Areas: Hair removal creams can be used on sensitive areas like the bikini line and underarms.

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Considerations:
Patch Test: Perform a patch test before using the cream to avoid allergic reactions or skin irritation.

Odor and Texture: Hair removal creams can have a distinct odor and texture, which some people might find unpleasant.

Effectiveness: The effectiveness of the cream varies based on hair thickness and the individual's hair growth cycle.

Skin Sensitivity: Even though these creams are generally gentle, individuals with sensitive skin should proceed with caution.

Chemical Ingredients: Hair removal creams contain chemical ingredients, so it's important to follow the instructions carefully and avoid leaving the cream on for longer than recommended.

Tips for Using Hair Removal Creams:

Choose a cream formulated for your specific body area (face, body, bikini line, etc.).
Always perform a patch test before applying the cream to a larger area.
Avoid using hair removal creams on broken or irritated skin.
Follow the manufacturer's instructions regarding application time and removal.
If you experience any adverse reactions, discontinue use and consult a dermatologist.
Hair removal creams can be a convenient option for achieving hair-free skin without the need for razors or waxing. By following the instructions carefully and paying attention to your skin's reactions, you can enjoy smooth results with minimal effort.

CAUTION : With some creams sweating can give you a rash, if you decide to use random creams make sure you look into them on your own time before use.

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Epilating

Epilating is a hair removal method that removes hair from the root, similar to waxing

Epilating: Epilating is a process that uses an electric device called an epilator to grasp and pull out multiple hairs simultaneously. The device's rotating tweezers pluck the hair from the root, leaving the skin smooth.

Usage Technique:

- **Exfoliation:** Before epilating, exfoliate the skin to remove dead skin cells and help prevent ingrown hairs.
- **Dry Skin:** Epilate on dry skin to ensure a better grip on the hair.
- **Slow Movements:** Move the epilator against the direction of hair growth, using slow and steady movements.
- **Moisturize:** After epilating, apply a soothing moisturizer to calm the skin.

Benefits:

- **Long-Lasting Results:** Epilating removes hair from the root, providing smoother skin for a longer period compared to shaving.
- **Convenience:** Epilating can be done at home and does not require frequent sessions.
- **Fine Regrowth:** Over time, regrown hair may become finer and sparser.

Considerations:

- **Pain:** Epilating is VERY painful, especially for those new to the process.
- **Redness and Irritation:** Some redness and irritation might occur after epilating, particularly for sensitive skin.
- **Ingrown Hairs:** As with waxing, there's a risk of ingrown hairs after epilating.

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Usage Tips: Start with a clean and dry surface. Stretch the skin taut while epilating for smoother results. Using one in the shower can potentially help pain, make sure yours is water proof.

Benefits:
Smooth Shave: Shaving cream lubricates the skin, allowing the razor to glide smoothly and reduce the risk of nicks and cuts.

Usage Tips:
Epilating offers longer-lasting results compared to shaving, and is probably one of the best ways to get hair off of your body, with that being said its extremely painful the first couple of times you do it.

These devices were originally made for women but that doesnt matter, hair is hair. They can also be a little on the expensive side.

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Threading

Threading: Threading is a precise hair removal technique that employs a twisted cotton thread to remove unwanted hair from the root. It's often used for shaping eyebrows and eliminating fine facial hair.

Usage Technique: The practitioner twists the thread between their fingers and glides it over the skin, capturing and removing hair with accuracy.

Benefits: Threading excels at precise hair removal, making it perfect for shaping eyebrows and eliminating stray facial hairs. One significant advantage is that it minimizes chemical exposure, as no products are applied to the skin during the process. Moreover, threading tends to result in finer regrowth, which takes longer to appear compared to other methods.

Considerations: While threading offers precise results, it may cause some discomfort, especially for beginners. Temporary redness or irritation could occur, particularly for individuals with sensitive skin. For optimal outcomes, it's crucial to find a skilled practitioner experienced in threading techniques. After threading, soothing the skin is essential to minimize any irritation that may arise.

Shaving Cream: Shaving cream is applied to the skin before shaving to soften hair and create a protective barrier between the razor and the skin, ensuring a smoother, irritation-free shave.

Usage Technique: Wet the skin and apply a thin layer of shaving cream to the area you intend to shave. Shave using a clean, sharp razor in the direction of hair growth. Afterward, rinse the area with water and apply moisturizer to prevent dryness.

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Benefits: Shaving cream facilitates a smooth shave by lubricating the skin, reducing the risk of nicks and cuts. Many shaving creams contain moisturizing ingredients, helping keep the skin hydrated. They come in various formulas, like foams, gels, and creams, catering to different preferences.

Considerations: Check the ingredients to ensure the shaving cream suits your skin type. Rinse the razor regularly to prevent clogging, and after shaving, rinse thoroughly to remove any residue.

Usage Tips:
To find a skilled practioner to do this for you, lookup “eyebrow threading” on google maps

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Tweezing

Tweezing: Tweezing, also known as plucking, is a method of hair removal that involves using a pair of tweezers to pull out individual hairs from the root.

Usage Technique:

- **Preparation:** Cleanse and sanitize the area to be tweezed to prevent infections.
- **Tweezer Selection:** Choose a good-quality pair of tweezers with a sharp tip for better grip.
- **Tweezing:** Hold the skin taut and grasp the hair with the tweezers, then pull firmly in the direction of hair growth.

Benefits:

- **Precision:** Tweezing allows you to remove individual hairs with precision, making it ideal for shaping eyebrows and targeting specific areas.
- **Longer Regrowth:** Since hairs are removed from the root, regrowth tends to be slower and finer.
-

Considerations:

- **Pain:** Tweezing can be uncomfortable, especially for those with low pain tolerance.
- **Redness:** Temporary redness or minor irritation might occur after tweezing.

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Dermaplaning

Dermaplaning is a cosmetic procedure that involves using a scalpel-like tool to gently exfoliate the top layer of dead skin cells and remove fine facial hair, often referred to as "peach fuzz."

Usage Technique:

- **Cleansing:** Start with clean and dry skin, free of makeup and oils.
- **Technique:** Hold the dermaplaning tool at a 45-degree angle and gently glide it across the skin's surface in short, downward strokes.
- **Post-Treatment:** After dermaplaning, apply a soothing serum or moisturizer to hydrate the skin.

Benefits:

Exfoliation: Dermaplaning removes dead skin cells and the fine vellus hair (peach fuzz) from the surface of the skin, leaving it smoother and more radiant.

Enhanced Product Absorption: By removing the outermost layer of skin, dermaplaning allows skincare products to penetrate more effectively, leading to better absorption and results.

Instant Glow: The exfoliation and removal of peach fuzz instantly brighten the complexion, resulting in a youthful and glowing appearance.

Considerations:

Professional vs. At-Home: While dermaplaning can be done at home, seeking professional treatment ensures safety and optimal results.

Skin Sensitivity: Individuals with sensitive skin may experience mild redness after the procedure.

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Usage Tips: Use a dermaplaning tool specifically designed for at-home use. Avoid areas with active acne or irritated skin.

Usage Technique:

- **Preparation:** Wet the skin and apply a thin layer of shaving cream to the area you intend to shave.
- **Shaving:** Use a clean, sharp razor to shave in the direction of hair growth.
- **Rinse and Moisturize:** After shaving, rinse the area with water and apply a moisturizer to prevent dryness.

Usage Tips:
Dermaplaning exfoliates and removes fine facial hair never go sideways only up and down if you are doing it yourself.

Video Tutorial : CLICK ME

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Waxing strips

Waxing is a popular non-permanent method of hair removal that involves applying either warm or cold wax to the skin and then quickly pulling it off, removing hair from the root. This process works similarly to an epilator by removing hair follicles altogether. Waxing is commonly used on various body parts, including legs, arms, underarms, and the bikini area.

How Waxing Works: Waxing involves applying a layer of wax over the hair in the opposite direction of hair growth. Then, a cloth strip or paper is pressed onto the wax and quickly pulled off, removing the wax along with the trapped hair. The process may cause some discomfort, but many people find the pain to be tolerable and manageable.

Benefits of Waxing:

1. **Longer Lasting Results:** Waxing removes hair from the root, providing smoother skin that can last up to several weeks before regrowth.

2. **Softer Regrowth:** Since the hair is removed from the root, regrowth tends to be softer and finer compared to shaving.

3. **Exfoliation:** Waxing also exfoliates the skin, leaving it smoother and more radiant.

Considerations:

1. **Pain:** Waxing can be uncomfortable, especially for those with sensitive skin. However, pain can diminish over time as your skin becomes accustomed to the process.

2. **Skin Sensitivity:** Waxing might cause redness, irritation, or even mild inflammation, particularly if you have sensitive skin. Doing a patch test before full treatment is recommended.

3. **Ingrown Hairs:** There's a possibility of ingrown hairs after waxing, especially if the hair breaks during removal instead of being pulled from the root.

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4. **Cost:** As mentioned, while waxing is not a one-time purchase like an epilator, it can become expensive over time if you frequently visit a professional or purchase waxing supplies.

It's essential to prepare your skin before waxing and follow proper aftercare instructions to minimize potential side effects. Some individuals prefer professional waxing services for areas like the bikini line, while others choose at-home waxing kits for convenience. When deciding whether to choose waxing, consider your pain tolerance, budget, and desired level of hair removal longevity.

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Permanent

Lazer Hair Removal
Electrolysis
Intense Pulsed Light (IPL)
Diode Laser Hair Removal
Ultrasound Hair Removal

All of these methods should be done by a professional so we are just going to give an overview of each procedure.

Laser Hair Removal

Laser Hair Removal is a popular and effective method for reducing unwanted hair growth.

Consultation: Before starting laser hair removal, you'll have a consultation with a trained professional. They will assess your skin type, hair color, and medical history to determine the most suitable treatment plan for you. They will also explain the procedure, its benefits, and potential risks.

Preparation: Leading up to your treatment, you may be advised to avoid sun exposure and tanning, as well as to refrain from plucking or waxing the target area. Shaving the area before the treatment is usually recommended, as the laser targets the hair follicle below the skin's surface.

Procedure: During the treatment, a handheld laser device emits concentrated light energy into the hair follicles. The pigment in the hair follicles absorbs the light, which damages the follicles and inhibits future hair growth. The procedure can cause a mild sensation of heat or discomfort, often described as a rubber band snap or pinprick.

Sessions: Laser hair removal is not a one-time procedure. Multiple sessions are required to achieve optimal results. Hair grows in different phases, and the treatment is most effective during the active growth phase. Typically, sessions are spaced several weeks apart to target different hair growth cycles.

Aftercare: After each session, you may experience some redness, swelling, or minor discomfort in the treated area. These side effects usually subside within a few hours to a day. It's crucial to follow any post-treatment instructions provided by the professional, such as avoiding sun exposure, using soothing creams, and avoiding abrasive skincare products.

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Results: After a series of treatments, you can expect a noticeable reduction in hair growth. The treated hair may become finer and lighter in color. While laser hair removal can provide long-lasting results, some individuals may require occasional maintenance sessions to ensure continued hair reduction.

Considerations:
Skin Type and Hair Color: Laser hair removal is most effective on individuals with light skin and dark hair. However, advancements in technology have made it possible for people with various skin tones and hair colors to undergo treatment.

Pain Sensitivity: The level of discomfort experienced during the procedure can vary depending on your pain tolerance and the area being treated. Many find the sensation manageable and worth the results.

Duration: Each session's duration depends on the size of the treatment area. Smaller areas like the upper lip may take only a few minutes, while larger areas like the legs may take up to an hour. It's important to choose a reputable and certified clinic or practitioner for your laser hair removal sessions to ensure safety and effective results. Keep in mind that while laser hair removal can significantly reduce hair growth, it may not result in complete hair removal for everyone.

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Electrolysis

Electrolysis is a method of permanent hair removal that involves the use of electrical currents to destroy hair follicles.

Consultation: Before starting electrolysis, you'll typically have a consultation with a licensed and trained electrologist. During this consultation, your hair and skin type will be assessed, and the electrologist will explain the procedure, its benefits, and potential risks. They will also create a personalized treatment plan based on your needs.

Preparation: Leading up to your electrolysis session, you'll be advised to avoid any hair removal methods that remove the hair from the root, such as plucking, waxing, or threading. Shaving is usually allowed, as the hair needs to be present in the follicle for the treatment to be effective.

Procedure: During the electrolysis procedure, a fine, sterile probe is inserted into the hair follicle. A small electrical current is then applied through the probe to destroy the hair follicle's ability to grow new hair. The process may cause a mild sensation of heat or discomfort, often described as a quick pricking or stinging sensation.

Sessions: Electrolysis is not a one-time treatment. Multiple sessions are required to achieve permanent hair removal. The number of sessions depends on factors such as the area being treated, the density of hair, and individual hair growth cycles. Sessions are usually scheduled at intervals of a few weeks to allow for hair growth cycles.

Aftercare: After each session, you may experience some redness, slight swelling, and minor discomfort in the treated area. These side effects are temporary and generally subside within a short time. It's essential to follow any post-treatment care instructions provided by the electrologist to minimize the risk of irritation or infection.

Results: Over the course of several sessions, you can expect a noticeable reduction in hair growth in the treated area. With consistent treatments, the hair follicles are gradually disabled, resulting in permanent hair removal. After completing the recommended sessions, you should experience a significant reduction in hair density and regrowth.

Considerations:
Time and Patience: Electrolysis is a meticulous process that requires patience. Results are not immediate, and multiple sessions are necessary to achieve the desired outcome.

Pain Sensitivity: The level of discomfort experienced during electrolysis can vary based on your pain tolerance and the area being treated. Some areas may be more sensitive than others.

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Skilled Practitioner: Choose a licensed and experienced electrologist who adheres to strict hygiene and safety protocols. A skilled professional will ensure proper insertion of the probe and minimize discomfort.

Maintenance Sessions: While electrolysis offers permanent hair removal, some individuals may require occasional maintenance sessions to address any new hair growth that may occur due to hormonal changes. Electrolysis is a safe and effective method of permanent hair removal when performed by a qualified professional. It's important to have realistic expectations about the process and to be committed to completing the recommended sessions for the best results

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Intense Pulsed Light (IPL)

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Intense Pulsed Light (IPL) is a non-invasive hair removal method that uses broad-spectrum light to target hair follicles and inhibit their growth.

Consultation: Before starting IPL treatment, you'll typically have a consultation with a trained technician or dermatologist. During this consultation, your skin and hair type will be assessed, and your medical history will be reviewed to determine if you're a suitable candidate for IPL. The technician will explain the procedure, its benefits, and potential risks.

Preparation: In the weeks leading up to your IPL session, you'll be advised to avoid sun exposure and tanning, as well as any hair removal methods that remove hair from the root (plucking, waxing) as the hair needs to be present in the follicle for the treatment to work.

Procedure: During an IPL session, a handheld device emits pulses of broad-spectrum light onto the targeted area. The light is absorbed by the pigment in the hair follicles, which then converts into heat. This heat damages the follicles and inhibits their ability to grow new hair. IPL is less focused than laser hair removal and may be less effective for individuals with darker skin tones.

Sessions: IPL requires multiple sessions to achieve the desired results. The number of sessions varies based on factors such as the area being treated, hair color, skin type, and individual response to treatment. Sessions are usually spaced several weeks apart to allow the hair growth cycle to complete.

Aftercare: After an IPL session, you may experience mild redness and a sensation similar to sunburn in the treated area. These side effects are temporary and typically resolve within a few hours to a day. It's essential to follow any post-treatment care instructions provided by the technician to minimize the risk of complications.

Results: Over the course of several sessions, you can expect a reduction in hair growth in the treated area. IPL can lead to long-lasting hair reduction, but it's essential to note that results can vary. Some individuals may experience more significant hair reduction than others. Maintenance sessions may be needed over time to address any new hair growth.

Considerations:
Skin Sensitivity: The sensation experienced during IPL can range from a mild tingling to a sensation similar to a rubber band snapping against the skin. Most people find the treatment tolerable, but pain sensitivity varies.

Qualified Technician: Choose a licensed and trained technician to perform your IPL sessions. Proper training and experience are crucial to achieving safe and effective results.

Hair and Skin Type: IPL works best on individuals with lighter skin tones and darker hair. It may be less effective for individuals with lighter hair colors (blonde, gray) or very dark skin tones.

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Sun Protection: Protect your treated skin from sun exposure before and after IPL sessions. Sunscreen should be applied to prevent potential complications like hyperpigmentation. IPL offers a relatively comfortable and efficient method of hair reduction. It's important to have realistic expectations about the results and commit to a series of sessions to achieve the best outcome. If you're considering IPL, consult with a professional to determine if it's the right hair removal option for your needs and skin type.

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Diode Laser Hair Removal

Diode laser hair removal is a popular and effective method for long-term hair reduction. It utilizes a focused beam of light to target hair follicles and disrupt their ability to grow new hair.

Consultation: Before beginning diode laser hair removal, you'll usually have an initial consultation with a trained technician or dermatologist. During this consultation, your skin type, hair color, and medical history will be assessed to determine if you're a suitable candidate for the treatment. The technician will also explain the procedure, its benefits, and potential risks.

Preparation: In the weeks leading up to your diode laser session, you'll typically be advised to avoid sun exposure and tanning. Additionally, you should avoid other hair removal methods that remove hair from the root (plucking, waxing) since the hair needs to be present in the follicle for the treatment to work effectively.

Procedure: During a diode laser session, the technician will use a handheld device that emits a concentrated beam of light. The light is absorbed by the pigment in the hair follicles, generating heat that damages the follicles and inhibits their ability to regrow hair. The surrounding skin is minimally affected due to the focused nature of the laser.

Sessions: Diode laser hair removal is a gradual process that requires multiple sessions to achieve desired results. The number of sessions varies based on factors such as the area being treated, hair color, skin type, and individual response to treatment. Sessions are typically spaced several weeks apart to coincide with the hair growth cycle.

Aftercare: After a diode laser session, you may experience mild redness or swelling in the treated area, similar to a sunburn. These side effects are temporary and usually subside within a day. It's important to follow any post-treatment instructions provided by the technician to ensure optimal healing and reduce the risk of complications.

Results: Over the course of multiple sessions, you can expect a reduction in hair growth in the treated area. Diode laser hair removal is known for providing long-lasting results, with many individuals experiencing permanent hair reduction. However, results can vary based on factors such as hair and skin type. Maintenance sessions may be necessary over time to address any new hair growth.

Considerations:
Sensation: The sensation during diode laser treatment can range from mild discomfort to a snapping sensation against the skin. Some people find the treatment relatively painless, while others may experience some discomfort.

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Qualified Technician: Choose a licensed and trained technician or dermatologist to perform diode laser hair removal. Proper training and experience are essential for achieving safe and effective results.

Skin and Hair Type: Diode laser is effective on a wide range of skin tones and hair colors. However, it may be less effective on very light or white hair.

Sun Protection: Protect your treated skin from sun exposure before and after sessions. Sunscreen should be applied to prevent potential complications such as hyperpigmentation. Diode laser hair removal offers a convenient and efficient way to achieve long-term hair reduction. If you're considering diode laser hair removal, consult with a professional to determine if it's the right option for your needs and skin type.

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Ultrasound Hair Removal

Ultrasound hair removal, also known as ultrasound-assisted epilation, is a relatively newer method for hair removal that utilizes high-frequency ultrasound waves to target hair follicles.

Consultation: Before undergoing ultrasound hair removal, you'll typically have a consultation with a trained technician or healthcare provider. They will assess your skin type, hair color, medical history, and suitability for the procedure. The technician will explain the process, its benefits, potential outcomes, and any associated risks.

Preparation: In the lead-up to your ultrasound hair removal session, you may be advised to avoid sun exposure, tanning, and certain skincare products that could sensitize the skin. It's important to refrain from plucking, waxing, or other hair removal methods that remove hair from the root before the procedure.

Procedure: During an ultrasound hair removal session, a handheld device emitting high-frequency ultrasound waves is placed on the skin. These waves generate heat that targets and damages the hair follicles, inhibiting their ability to regrow hair. The surrounding skin is generally spared from significant damage.

Sessions: Similar to other effective hair removal methods, ultrasound hair removal requires multiple sessions to achieve desired results. The number of sessions varies based on factors such as the treatment area, hair color, skin type, and individual response to the treatment. Sessions are usually spaced several weeks apart to coincide with the hair growth cycle.

Aftercare: After an ultrasound hair removal session, you might experience mild redness, warmth, or slight swelling in the treated area. These effects are typically temporary and should subside within a short period. Following any post-treatment instructions provided by the technician is essential to promote proper healing and minimize potential complications. Results: Over the course of several sessions, you can anticipate a reduction in hair growth in the treated area. Ultrasound hair removal aims to provide long-lasting results, and some individuals may experience permanent hair reduction. However, as with any hair removal method, outcomes can vary based on factors such as hair and skin type.

Considerations:
Sensation: During ultrasound hair removal, you might feel warmth or a tingling sensation on the skin. Most people find the procedure relatively comfortable, although individual pain tolerance can differ.

Qualified Technician: Ensure that the procedure is performed by a trained and certified technician or healthcare professional to ensure safety and effectiveness.

Suitability: Ultrasound hair removal is generally suitable for various skin tones and hair colors. However, results can be influenced by individual characteristics.

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Sun Protection: Prior to and after treatment, it's advisable to protect the treated skin from sun exposure using sunscreen to prevent potential complications such as hyperpigmentation. Ultrasound hair removal offers a non-invasive and potentially effective approach for long-term hair reduction. To determine if this method is appropriate for your needs and skin type, consult with a professional experienced in ultrasound hair removal techniques.

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Minoxidil Guide

Check in with a doctor before using

Heres a short video guide overview. This covers most if not all minoxidil questions / the science behind if you will be a responder ect.

(VIDEO)

Transcript to the video :

The following talk is about minoxidil which is one type of medication that's used for non-surgical hair restoration in this talk i'll be covering the history of minoxidil which is also called rogaine rogaine is the brand name i'll be going through the mechanism of action of minoxidil the different formulations of the medication as well as its side effects make sure to watch till the end of the video where i'll cover a newer type of formulation which is showing some promise in delivering results i'd like to mention that this is part of our series on non-surgical hair restoration options and with all medical therapies i recommend being on at least two different types of medical therapies to optimize your hair restoration goals and i also want to say that with all medical therapies you have to continue to be on that medical therapy to see sustained beneficial effects of that medication or different procedures that might be done that are still in the realm of medical therapies so let's start with the history of minoxidil minoxidil was introduced in the early 1970s as a treatment for hypertension or high blood pressure it's really rarely used today for that same purpose but that's how people found out about its benefits for hair restoration one of the side effects of the medication was hypertrichosis which means increased amount of hair on different parts of the body and people found that when you had different patients on oral minoxidil they were getting these situations where more hair was growing in other parts of their body including hair on the head and the beard area so this led to the development of a topical formulation of minoxidil for the treatment of androgenic alopecia in men and then subsequently in women and as you know androgenic alopecia is the most common form of hair loss in men and women so the two percent product was first marketed for hair regrowth in men in 1986 in the united states and then the five percent product became available in 1993. so moving on to the mechanism of action of minoxidil so minoxidil is actually what's called a pro drug which is not the active form of the medication it's then converted to its active form which is called minoxidil sulfate and that's done by an enzyme called sulfo transferase that enzyme is expressed in the outer root sheath of hair follicles the higher the enzyme activity in a person the better the response to minoxidil and that's why not everyone responds as well as they'd like to minoxidil minoxidil is a vasodilator that works by opening up potassium channels on smooth muscle as well and that's how it works to lower blood pressure when it's given in a high enough dose in oral formulation it also has been shown to enhance hair growth and it reduces hair loss specifically it prolongs the anagen phase of the growth cycle which is the growth cycle responsible for improved growth of of the actual hair and there are actually some new tests that are assessing sulfo transferase enzyme activity in kind of plucked hair follicles to predict treatment response so generally low enzyme activity will mean that you have a limited response to minoxidil and then the opposite is also true high enzyme activity means a better response to minoxidil and one interesting point

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is that salicylic acid which is an aspirin precursor actually inhibits that same enzyme expression in the liver and that's why it really should be avoided if possible for optimal efficacy of minoxidil so let's go through the different formulations we're going to start with the topical formulation so it's one of only two usfda approved drugs for the treatment of androgenic alopecia it's also used off label in other hair loss disorders including alopecia areata which is what i have but usually not in universalis which is the subset that i specifically have but it's also used in beard and eyebrow enhancement for example as has been shown to to work for those applications as well it comes as either a solution or a foam product the solution which is the original sort of formulation for the topical minoxidil has what's called propylene glycol in it which improves the delivery of the drug into the hair follicle but it also causes local irritation so the foam is easier to use because it's it's quicker to dry and it's more localized in its application so it's kind of the more popular choice between those two for men with androgenic alopecia it's recommended that you do a twice daily application of either one ml of five percent minoxidil solution or half of a capful of five percent minoxidil foam for women with female pattern hair loss it's recommended twice daily application of one ml of two percent minoxidil solution or once daily application of half a capful of the five percent minoxidil foam and the reason for that is that you want to reduce the side effects of the medication we'll go through the side effects later in the talk but women are more susceptible to getting that additional hair growth and other parts specifically of the face so to reduce that side effect you want to keep that foam application especially at five percent down to once a day and what's interesting is that with the topical formulation approximately 1.4 percent of the actual topical minoxidil is absorbed through the normal scalp so most of the actual drug is not being absorbed into through the scalp and that is why other formulations exist and are still prescribed for hair restoration when it comes to minoxidil and following four months of twice daily application less than 40 percent of patients regrow hair and that's something that is important to remember and one of the reasons why it's not used as as widely as it potentially could be and that's because not everyone's a responder and we talked about earlier why that might be and that's because of that sulfo transferase activity and enzyme expression why do people stop using topical minoxidil the main reasons are poor regrowth of hair the fact that it's a twice daily application undesirable hair texture which can occur in some people scalp irritation especially with the solution and a shedding period which usually lasts for about three to six weeks and because of these shortcomings some opt for an oral formulation of minoxidil so let's talk about that so remember the oral formulation of minoxidil is actually how we discovered its beneficial effects for hair restoration it was used for blood pressure control but for blood pressure control the doses are much higher and are different from the doses used for for hair loss type of conditions the adverse effects that are seen with oral minoxidil are much higher and much more serious the higher the dose that's given so the blood pressure doses for hypertension are on the order of 10 to 40 milligrams per dose whereas for hair restoration it's generally five milligrams or under and so low-dose oral minoxidil has been shown to be safe and effective for hair growth the doses are as low as this is again for the literature the doses are as low as 0.25 milligrams daily for women with female pattern hair loss and that's been shown to be effective and as low as one milligram for men though in men based on various studies the recommended dose is actually 2.5 milligrams to five milligrams for the oral daily dose there's also and this is what i was telling you guys in the beginning of the talk there's also sublingual application of minoxidil and that involves taking a pill putting it under the tongue and allowing it to dissolve and there was a study in 2020 from dr sinclair in australia that was a retrospective review of 64 patients men and women and they had a six-month follow-up period the advantage of the sublingual administration is that it actually bypasses hepatic which means liver metabolism and therefore it increases the bioavailability of the drug meaning there's more of it actually working in your body compared with

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the oral administration of the pill and the doses used in his study were 0.45 milligrams daily 20 of the 64 patients were actually increased to 0.9 milligrams daily and in his study he found that there were improvements based on a global assessment of the photographs as well as hair shedding scales that were shown to also improve in the study the side effects that he showed were mild hypertrichosis in eight uh women there was mild postural dizziness that occurred in three men and two women and there was mild edema that occurred in two women so overall good safety profile to the sublingual formulation and this definitely is very promising but we need prospective studies we need additional studies and there was also a lack of statistics that i saw in that retrospective study so basically we need to study it much more before that could be recommended but it's definitely a very interesting and novel approach and it could end up being a very kind of a beneficial way to administer minoxidil so let's now go over the side effects of minoxidil both with the topical applications as well as systemic use as far as the topical side effects of minoxidil use you have the contact dermatitis and that is mostly from the solution formulation you have headaches which can occur hypertrichosis which we already covered and that's been shown to be worse in women five percent formulation of the topical solution is actually more likely to give you these side effects compared to the two percent which makes intuitive sense as far as systemic side effects of minoxidil which you can get from oral use or sublingual use there are some serious side effects at the high doses again at doses that are given more for the blood pressure type of application rather than for hair restoration and those systemic side effects include different types of fluid retention problems that can result in something called pericardial effusion as well as a few other conditions swelling of the legs things of that nature and as far as the termination of treatment because a lot of people think that when you stop minoxidil you just start to lose your hair right away and many of my patients are worried that if they miss one dose that all of a sudden everything will just you know be lost all the gains that they've made and that's really not true there's a progressive decline of hair that occurs over the course of about 12 to 24 weeks is what's been shown in the studies it's not a kind of instant on off switch so it's okay to miss the occasional dose of minoxidil you're not going to lose your hair right away from that so let's summarize what we've talked about and what we've learned so far about minoxidil i'll also give you an idea here of what i generally recommend when it comes to like you know clinical practice and how you should administer minoxidil both for yourself and sometimes maybe going to your doctor for a prescription so keep in mind that for the topical formulation at least in the united states you don't need a prescription right you can go to the drug store and you find it on the shelf so you start with topical minoxidil generally the foam version is recommended you can start with the two percent but i would just recommend starting with the five percent if you're able to tolerate it and i recommend attempting it for at least three months to see what kind of benefit you might get from it as far as your hair growth this includes not just the scalp but it can include eyebrows and could include the beard as well so if you're tolerating that and you're seeing some improvement great continue using that if you're unable to tolerate the medication the topical like for example if you get a headache that becomes persistent or you get this hypertrichosis effect where you get extra hair on a face that you don't want in the case of women for example or you don't see much of an impact with the topical formulation you could then bump up to oral minoxidil you need a prescription from your doctor for this and you want to start with again low dosing right five milligrams or less and it's really gender specific based on the studies women do well with lower doses of minoxidil oral and then men do better with the doses of the two and a half to five milligrams daily dose so again talk to your doctor see if it's okay with all the other medications that you take i can tell you that in my practice for women i might start with a one milligram per day dose for men closer to a 2.5 milligram per day dose and most people do extremely well and tolerate the the pill well and definitely you know many people see

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some benefits with oral minoxidil the sublingual formulation of minoxidil i think is still too experimental and i wouldn't just jump to using that i don't even know if you can easily obtain that at least in the states here so i think we still need to do more studies as a community before we can kind of safely say that that's a good option for people and if you're on the systemic formulation so like the oral minoxidil you definitely have to be vigilant for some of the more systemic kind of blood pressure related side effects of minoxidil that i mentioned earlier fluid retention any changes in your overall sort of condition need to be you know those things have to be brought up with your doctor if you're on that type of pill so that is pretty much all i have for you when it comes to minoxidil in in 2021 you know as time goes on i'm sure we'll get more information and i'll be sure to share updates with you we could do that every year if you guys would like and we have a whole lot more planned for you as far as non-surgical hair restoration videos i know you know the community has been asking me about this we put out a lot of hair transplant videos but there are a lot of people who don't need or want a hair transplant but a lot of people who benefit from these non-surgical modalities and minoxidil is like a tried and true one and it's one of the only fda approved ones so we have a lot of data to support its use so hopefully you guys learned something make sure to like comment and subscribe to the channel turn on your notifications and i'll see you again soon

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Finasteride Guide

Check in with a doctor before using, this has more side effects than minoxidil. I don't advise ANY young people to use! This is really for older people unless your very unlucky

Heres a short video guide overview. This covers most if not all finasteride questions / the science behind if you will be a responder ect. If you don't understand what hes talking about, you are either too young to use it don't have enough information, if you don't have enough information lookup what you don't understand and then resume the video

(VIDEO)

Transcript to the video :

“Hey guys dr gary here i know you've been waiting for this video this is on finasteride the outline of this talk is the history the mechanism of action of finasteride the efficacy the topical use of finasteride the decision between dutasteride and finasteride the side effects which i know are very important to talk about here post-finasteride syndrome we're gonna tackle it i know it comes up a lot people are very worried finasteride for women finasteride and hair transplant and make sure you watch till the end of this video because we'll be covering post finasteride syndrome in as much detail as i could find in literature and trying to give a balanced opinion on that and it's something that i get asked about a lot and also how finasteride plays into hair transplant decision making so keep in mind that this is part of our series on non-surgical hair restoration we have also many surgical videos on hair transplants but this is for the non-surgical side of things and just a reminder that with medical therapies whether it be like a pill or a topical or something like prp a procedural type of treatment these are all things that you need to be continued in order to continue to see beneficial effects it's not one and done like with surgery so that's just something important to keep in mind and i generally recommend at least two modalities of medical therapy when you're considering you know hair maintenance and regrowth let's go through some brief history of finasteride finasteride was first used to actually reduce benign prostatic hyperplasia or bph by reducing the volume of the prostates this is a situation where usually you know of course men have larger prostates and they have difficulty urinating so if you're able to shrink down the prostate with the use of this drug then they feel better and it was approved in 1992 in the u.s for the use of bph then in 1997 it was also approved for the treatment of androgenic alopecia so now let's talk about the mechanism of action of finasteride testosterone is first synthesized in the lydic cells of the testes and it enters the prostate gland where it's subsequently converted to dht or dihydrotestosterone and this reaction of testosterone being converted over to dht is catalyzed by a membrane-bound enzyme called 5-alpha reductase and dht binds then to the androgen receptor and this is what causes the miniaturization of the hair follicles finasteride is a competitive and specific inhibitor of 5-alpha reductase and it's specific for the type 2 form of 5-alpha reductase there's three types of five alpha reductases in our bodies type one two and three so finasteride targets type two five alpha reductase and in so doing it's blocking that conversion of testosterone to dihydrotestosterone okay so that's the mechanism of action and for androgenic alopecia it's typically taken orally at a dose of one milligram per day and by taking it in that way it has been shown to rapidly lower serum and scalp dht levels by over 60 percent and as you take finasteride it will stabilize hair loss and

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promotes hair regrowth so some would argue that propecia which is the brand name of finasteride is actually more effective than generic finasteride because the generics are made in different places around the world that sometimes have quite varied manufacturing protocols and even though there's the same active ingredient the efficacy of the actual medication has been shown to sometimes be quite different so now how effective is finasteride especially compared to minoxidil and we're going to display this graph that i found in a really nice review article from 2017 and it's been shown to essentially be this is many many different studies compiled into this uh graph and it's been shown to be almost twice as effective in increasing hair density and thickness and this is based on many many different studies so again finasteride is going to be more effective for you in general again every individual might be a little different but on the whole finasteride more effective than minoxidil and that's again why it's such a commonly prescribed medication especially for someone who's looking to stabilize their hair loss so that's why we recommend it for a lot of people right it's not because it's one of those things out there it's actually one of the most effective things out there guys make sure to subscribe to the channel if you're not subscribed already and turn on notifications we have a lot more videos in store for you and most of the people who watch our videos are not subscribed so why not just hit that button thank you so much now let's talk about the topical formulation of finasteride this is off-label use right now has not been fda approved for hair loss it has been shown to be safer in patients who especially are looking to avoid those systemic side effects of finasteride currently the topical formulations of finasteride that have been tested are gels and solutions at varying concentrations and all of them which have been tested and obviously reported on have resulted in improved hair growth which is great but remember people aren't going to be publishing the negative studies right there's a publication bias there just something to keep in mind so far so good the early studies do show some promising results and topical finasteride does appear to be at least non-inferior to the systemic oral finasteride for hair regrowth which is very promising and it can be applied alone or in combination with minoxidil you can also combine finasteride with minoxidil and or detasteride and that's been shown to be more effective at hair regrowth than topical minoxidil alone so there's a study that shows that and in terms of the doses you're looking at 100 microliters 200 microliters of topical finasteride which is concentration typically of about 0.25 percent solution and that's applied daily and again it appears to be fairly effective from what we see so far we don't yet know the most effective concentrations and frequencies and all that but the most frequently done application protocol is that 0.25 concentration and 100 microliters to 200 microliters we need more studies we need more studies to determine the efficacy of long-term hair regrowth from topical finasteride how safe it is cost effectiveness patient tolerability and satisfaction that's still pending the final verdict on it but the early studies do look promising which is great now what is dutastriate you may have heard of that so of the three isoforms that i mentioned in the beginning of the talk of the five alpha reductase dutasteride inhibits not just type 2 like finasteride but also type 1. so it inhibits both type 1 and type 2 5-alpha reductase dutasteride has been shown to be 3 times more potent than finasteride at inhibiting type 2. 5-alpha reductase and 100 times more potent at inhibiting type 1 because finasteride doesn't really inhibit type 1. it's dosed at 0.5 milligrams per day and at that dose it can reduce dht serum levels by upwards of ninety percent and compare that to the seventy percent from finasteride and the efficacy for hair regrowth is even higher at the higher doses of dutasteride if you go from zero point five milligrams to 2.5 milligrams per day the studies show an even greater improvement for hair regrowth so why are we all doing that because the side effects are also worse so there have been studies that have pointed to a higher incidence of side effects from dutasteride especially as you go to those higher doses so it's more effective but higher you know risk of side effects while the use of dutasteride for androgenic alopecia is off label in the united states it's

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actually approved in south korea and it has been since 2009 at the 0.5 milligrams per day dose so they have i guess enough data as far as their agencies concern their equivalent of the of the fda to have approved that medication at that dose but again the side effect profile in general at any dose is worse than for finasteride and we're going to put up a graph here to show you guys sort of the side effect and efficacy dilemma i would say of finasteride and do test ride so as you go from finasteride to dutasteride up into the higher doses of dutasteride the efficacy goes up but so do the risks of side effects the question also that i get a lot is how long do i need to be on finasteride for as long as you want to maintain your hair in that dht sensitive zone so that's going to be that frontal mid scalp and crown area so for as long as you want to maintain that hair you need to be on the pill and that goes for all forms of medical therapy now let's get into the side effects of finasteride most commonly reported side effects as many of you have heard of are sexual side effects that includes erectile dysfunction ejaculatory dysfunction and the loss of libido and all the studies on a whole for finasteride you're looking at about a two percent risk of those sexual side effects it has been shown finasteride to actually lower the risk of prostate cancer and that remember is partly due to the effects on bph as we talked about in the beginning of the talk but it can increase the risk of high grade prostate cancer so lowers the risk in total of kind of all prostate cancers except for the high grade it can actually potentiate that type of cancer so that's again one of those things to to keep in the back your mind depression has been associated with the use of finasteride and the theory there is that by decreasing dopamine levels you actually are leading to some forms of depression and we have a table here that will show from one of the papers and the side effect profile is actually very similar from finasteride one milligram to finasteride five milligrams so some patients i know they're worried about even one milligram they'll cut it down to 0.5 milligrams based on a literature review that i've done and that i've seen there's really no major benefit most of the studies that are you know done on and for androgenic alopecia are with the one milligram dosage so i would just kind of stick to that if you're going to take finasteride and the side effect profile for finasteride is worse than men who are starting at lower baseline testosterone levels so some people recommend actually checking your testosterone levels before starting this pill and using that as a parameter to decide on whether or not you should take it or not so that's that's one other way to go so let's get into what is post finasteride syndrome this is something that's in a lot of the forums online and people are just worried about it post finance heart syndrome is the occurrence of persistent adverse events including sexual dysfunction and depression in a subset of men who have used five alpha reductase inhibitors such as finasteride and it is important to point out that in 2012 the fda in the u.s required that for finasteride labels they include multiple persistent side effects in the past before that that wasn't a thing no one recognized it now you know people started to at least over the last 10 years it is difficult to size up this syndrome partly because of the multifactorial background of the adverse events partly because of the subjective criteria of diagnosis and also because of the variable reporting a lot of the studies they didn't really necessarily ask those questions and they didn't have the mechanisms in place to figure out if that was really something that was happening to people later on after they stopped finasteride or not but also equally important to point out that sexual dysfunction and depression are sort of common things that also co-exist in patients who have never been exposed to finasteride and it's not always something that's elicited at the beginning of the study so if you're finding out later on so you do a study a year later you pull everyone p some people have stopped finasteride and they've developed this post-finasteride syndrome but the study never asked them beforehand right at the start of the study do they have any sexual issues do they have any depression or anything that might be later related to the depression that they developed you know so that's part of the problem with figuring out you know how real the syndrome is or how high the incidence of it is i think we know by now that it's real but we don't

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know how prevalent it truly is and the other important point to bring up is this nocebo effect it's the opposite of a placebo effect it's the notion that if you're told that you might have a negative experience with something that your risk of having that negative experience goes up so if all you read in the forums is about this post finasteride syndrome and how bad it could be and all these things that could go wrong when you actually get started on finasteride you might have a higher risk of developing these issues compared to someone who's never really heard of it or where those risks were kind of minimized to them early on which is interesting i'm not saying we should minimize the risk or not inform people fully before offering them the medication but it is an interesting phenomenon so there was a study that when patients were treated with finasteride and informed about a possible sexual dysfunction caused by the therapy nocebo effect was significant the fact of the information being given to them at the beginning of the treatment caused a 14.3 percent increase in the reported sexual side effects so it's a real effect and it's something to keep in mind the other thing to point out there's a study from 2017 that looked at side effects of finasteride and we're going to we're going to scroll through the charts that they have at the at the end of the study and highlight the the column that is showing you the persistent side effects and if you look and you see there are very few out of all the studies that this one paper looked at which was many 20 30 studies and there were very few that report on persistent side effects or that had any persistent side effects from the use of finasteride so it is uncommon it is not something that will likely happen to you but there is some remote chance of it happening that's i guess the best way to frame it and there's even this post finasteride syndrome foundation in summit new jersey that is like a whole support group and they do a lot of other non-profit activities related to this type of scenario so if you want to learn more you can go on their website so is finasteride safe overall yes many people are on it many people have been on it for decades can it cause sexual side effects yes if the side effects develop stopping the medication will almost always reverse the side effects that's what i gather from the review of the literature of course if you're one of the unfortunate ones to have developed post-finasteride syndrome you know you're going to have a much stronger opinion on what i just said so given the remote possibility of post-finasteride syndrome the individual who is considering starting this pill really needs to properly balance the pros and cons before you know going on the pill and they need to do this in consultation with a trusted doctor now in terms of finasteride for women the evidence is overall positive for the efficacy of finasteride in women though there are some randomized studies that actually show no improvement in women and in women who may or may not be pregnant the main risk is birth defects in the male fetus and therefore it should generally be avoided in this group so women who are pregnant or who may become pregnant it's usually reserved for postmenopausal women primarily you know that's the only kind of group of people that i would consider giving finasteride to and the side effects are somewhat similar with some added ones as well decreased libido is the primary side effect in women along with occasional risk of headache and gi discomfort and finasteride is definitely not the first choice in women for hair restoration but it may be a helpful adjunct for some so now let's just finish off here with the connection between finasteride and hair transplants this is where it gets interesting because a lot of hair transplant surgeons like myself are very pro finasteride because we're thinking about the final kind of hair result for someone who's interested in a hair transplant assuming they're a candidate for a transplant some people should just start with finasteride or some other medical therapies and they're not transplant candidates but for those who are especially for those who are under 45 we really rely heavily on maximizing medical therapy to prevent the loss of native hairs because if you have continued loss of your native hairs it's again that analogy of having a bucket of sand you're pouring sand in but there's a big hole at the bottom eventually you're going to run out of sand right so that's exactly the the look of your hair on your head so we want to preserve what you have with the use of

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something like finasteride and then augment and on top of it or add it to places where there's no existing hair with a hair transplant so finasteride is really a major part of medical management in every practice and for a younger patient who is interested in a hair transplant but who's not interested in finasteride it could complicate matters and we just have to be extra cautious because we don't want to do a large procedure and then they lose all their existing hairs because they don't want to do anything to stabilize it and then it's a poor result at the end of the day if they don't want to do finasteride they want they don't want to be on the pill because the side effects there are some other medical therapies and you can look at you know watch our other videos to find out more we have one nice video out already on minoxidil another one on microneedling for hair restoration so those are all other options and there are even more options and we'll be covering those in subsequent videos but they are not as effective as finasteride in preserving your existing hair so it's just something to think about i hope you enjoyed this video on finasteride if you did please make sure to check out my video on minoxidil click the card and i will see you there thank you so much."

[Dr. Gary Linkov: City Facial Plastics]. (2023, April 19). *Finasteride (Propecia) For Hair Loss* [Video]. Youtube.com. https://www.youtube.com/watch?v=2kjebCVwS-Q&ab_channel=Dr.GaryLinkov%3ACityFacialPlastics

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Latisse Guide

Check in with a doctor before using, latisse is prescription only.

Here's a short video guide overview. This covers most if not all side effects aswell as application steps. If you don't understand what shes talking about, you are either too young to use it don't have enough information, if you don't have enough information lookup what you don't understand and then resume the video.

(VIDEO)

Overview ^

(VIDEO)

Side Effects ^

Transcript to the #1 video :

“Why hey guys what's up I just brewed up a cup of coffee here in Totoro um so today I'm going to talk all about eyelash growth and lash serums I have gotten so many questions on this topic since the beginning of my channel and I've been wanting to do a dedicated video regarding this for quite some time I just haven't gotten around to it you all seem to really enjoy many of my videos on different cosmetic procedures and cosmetic interventions Botox lasers fillers so I thought I would do a video today all about eyelashes and lash serums and Latisse for you all so a little bit of background about eyelashes you know eyelashes grow incredibly slowly they grow at a rate of about 0.12 - I don't know anywhere from zero point two millimeters per day that is roughly one-third the growth rate of the hair on your head and that is when they're in the growing cycle so their growth is a little bit is much slower than hairs on your head and the other thing that you should come to realize about the eyelash growth and the rate of eyelash growth is that you know the eyelash hair follicle goes in a cycle just like the cycle of growth in our hair it goes through a growing phase it goes through a a kind of involute evades and then it goes through a resting dormant phase referred to as telogen the telogen phase or the resting dormant phase of the eyelash hair cycle is much much longer than the resting phase of your hair cycle so that means that at any given time a significantly more significantly more of the eyelash follicles are really not growing at any one time so their growth rate is much slower and more of them are just in the dormant phase to begin with now the drug balm a defrost or Latisse was actually first used to treat and still is used to treat glaucoma and elevated intraocular pressure and serendipitously it was observed a side effect of this drug was increased growth of eyelashes and so that subsequently led to it being studied and later FDA approved for eyelash growth in the drug Latisse which is the brand name of allergens the mat across that can be applied to the eyelashes the way that this drug works is it is a prostaglandin animal hug meaning that it binds to prostaglandin receptors in the eyelash and promotes eyelash growth it does actually two things within the eyelash itself not only does it promote eyelash growth meaning it it kicks the

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eyelash into a cycle of growing but it also increases the size of the eyelash bulb so kind of the root of wear where all the eyelash growth is going on it increases the size of that and the density of that and as a result the mat approach or Latisse not only can increase the growing the number of the amount of eyelashes that are in the growing phase and make the eyelashes longer it also can increase the size of the lashes or the thickness so those are two two cosmetically advantageous outcomes of applying the mat across or Latisse to your eyelashes what apply topically the upper eyelash it's relatively safe fairly well tolerated it's intended to be used once a day applied with the specimen with the specific applicator just once a day did the upper eyelid only it more or less transfers a little bit to the to the lower lid and it is not approved for use on the lower eyelid yet it hasn't been studied in that way side effects that I see most commonly with people using this is that it can be irritating and can cause some redness of the eyes eaching dry eyes is another common complaint and the other thing that you should know about Latisse are from a defrost is that in addition to stimulating the hair follicle sighs and and we're putting hair follicles into the growing growing stage it also can stimulate melanocytes which are the cells that make pigment and as a result one potential adverse effect is that you can develop some hyperpigmentation around the eyes some darkening around the eyes also observed it Dart you can also observe occasionally and not very commonly only I've only seen this a handful of times some hyperpigmentation of the colored portion of your eye the iris that can also occur but the eyelash growth that you observe with Latisse that you get with it is not permanent so once you stop using it your eyelashes are just going to go back to the way that they once were this is not a permanent solution and so you know it's something that people have to use on an ongoing basis and kind of the longer you use it the more irritating it becomes so you know there's that all right and it's obviously not generally covered by insurance so you have to pay out-of-pocket for it and it's quite expensive you want to make sure you take your contact lenses on if you're using this before putting putting Latisse on because it's got a preservative in it which is you know more than fine for the most part called benzalkonium benzalkonium chloride and benzalkonium chloride can be absorbed by the soft contact lenses and cause I'll you know quite a bit of irritation in the eye itself so you definitely want to skip skip the skip the contact lenses make sure you take them out before putting on a tease a known potential side effect of the mat across when being used for glaucoma as in eyedrops is that it can cause a atrophy of the fat around the eyes that supports the eyes so it can cause some structural changes to the eyes when applied to the skin I have not seen that personally but do you know that that is something that has been reported with use of a mat across is atrophy of the fat around the eyes and subsequently you know that can have adverse effects for the for the anatomy of the eye on saw but you know Latisse is a drug when menopause is a drug it does have known established side-effects so it's very important that you follow up with the treating healthcare provider to monitor for these side-effects so they can appropriately counsel you when you should stop using it you know and monitor for any any side effects that may be occurring that's a nice thing about using a drug that is FDA approved we can monitor adverse effects and report them and be aware of them publish on them as opposed to non-fda-approved cosmetics which I'll talk about in a little bit outside of cosmetic reasons though Latisse can also be helpful for a variety of non cosmetic reasons to grow the lashes back I've observed that Latisse is helpful for example in women who have undergone chemotherapy for breast cancer and have lost their eyelashes I've observed and it's been published that applying Latisse can help those

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lashes come back a little bit faster so that's wonderful because when you lose your eyelashes you can develop dry eyes a lot of irritation in the eyes and it's not good it has also been shown to be helpful in male pattern hair loss and leave it or not applying it to the scalp has been shown to be helpful in that condition and there are some larger studies looking at it for that and then it also has been shown to be helpful believe it or not there's some promising early data showing that it may be helpful for people with autoimmune with vitiligo which if you're not familiar with it Alya vitiligo is an autoimmune condition in which the autumn ute the immune system attacks the pigment cells results in loss of pigment and patches on the skin and hair and there have been case reports of people with diddle-eye go around the eyes actually getting better because the Latisse because of the side effect abilities of sometimes causing hyperpigmentation around the eyes so stay tuned for that very very early but potential you know early and early on we're very optimistic that letí's might be helpful for people suffering from autoimmune hair loss called a lip arianna and some studies have shown that it is helpful I've observed benefit in some patients who use Latisse either on their scalp or on their eyebrows are eyelash area for autoimmune hair loss but it turns out from larger studies what we know is that those patients likely their hair was going to grow back anyway and in patients with really really a bad resistant alopecia areata that it's not growing back Latisse is not going to help that's what that's what all the sites seem to suggest at this time that really the people who respond to it are those whose hair was likely going to grow back anyway without doing anything outside of Latisse what else can you do for your eyelashes well everybody always wants to know my thoughts on X Y and D eyelash serum this serum that serum here's a deal with serums they are non drug cosmetics they purport having vitamins and you know natural plant derived botanicals etc etc for the most part these are nothing more than irritants and I don't recommend any of them they are not studied they have not been demonstrated to be effective for eyelash growth and they're non drug cosmetics so any adverse effects are not monitored by the FDA and they're not required to show any efficacy or safety data I personally as a clinician have observed numerous cases of bad-bad allergic and irritant contact dermatitis around the eyes due to these eyelash serum so I don't recommend them I don't care you know every people will comment I'm using this serum I'm using that serum great I can't recommend that to a general audience because there's no data to support the use of it and I see nothing more than an adverse side effects in my compartment of the world and so I wouldn't recommend pursuing those but I know they're very popular a lot of people like them but I do see a lot of adverse side effects to them and I have yet to see substantial on eyelash growth from anyone using them but that could be because people are out there using them and seeing great results and not coming to the dermatologist so I you know I do have that bias and that I'm only seeing people who come with a complaints of sparse flash it's not not Great Lash hell then there's good old-fashioned mascara you know a combination of waxes and pigments and petrol a lot of derived ingredients that temporarily can lengthen and darken the lashes that's what I use mascara mascara you know the one kind of Bugaboo problem with mascara or two is that you can different develop of course irritant or allergic contact dermatitis to any one of the ingredients or preservatives and then despite the preservatives contamination does occur with mascara and that can cause problems irritation around the eyes subsequent further for their compromise of eyelash health so you know mascaras are started with temporary effects as you all are well aware make sure you get rid of your mascara rate every three months and get a new one you know that they can breed mold

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friends that you don't want to spread around never share your mascaras with other you and then the last thing that is somewhat controversial is eyelash transplant having the hair from your head transplanted into the eyelash area is something that can be done there are a lot of potential very risky complications that can occur with that like bleeding and blindness so it's a little scary and very invasive but that is that is something else that that is done the funny thing about that though is because your hairs grow at a different rate than your eyes even your eyelashes you actually have to trim the the eyelashes that are transplanted from your scalp onto your eyes because they grow too long so you actually have to trim them but if you're struggling with sparse eyelashes it's very important you know to see your healthcare provider if this is new onset because there are a variety of medical conditions that can result in sparse eyelashes I already mentioned alopecia areata that is an autoimmune hair loss that can affect the eyelashes so it's important to show show this to your healthcare provider far and away the thing that I see most commonly that compromises eyelash health is simply the use of cosmetics and makeups and eye makeups and I makeup removers and the subsequent development of irritation and and allergies to ingredients in those products so less is more you know the less things that you put on the fewer things that you put on your on your eyelashes I can grow and be happy healthy and just do their thing the better that are off you are vitamins dietary supplements foods none of these have been shown in any substantial manner to promote eyelash growth so I don't recommend any any supplement or gummy for eyelashes if you are wearing mascara though the other tip that I recommend for removing the mascara or removing the eye makeup is to use an oil-based cleanser that gently removes the the makeup breaks it up without you having to rub the eyes the more rubbing you do on the eye the more likely it is to compromise the health of the eyelashes so I personally have observed a benefit in the health of my eyelashes doing a double cleanse with an oil-based cleanser that doesn't require me to rub the eye and really simply mineral oil alone is is adequate it you know conditions the lash prevents lash breakage and removes that requirement to scrub the eyes I don't recommend using micellar waters or makeup wipes I know a lot of you need to use those either as a result of your job environment you wear a lot of heavy eye makeup so that but if you can avoid those they tend to be more problematic than than just a simple mineral oil cleansing oil to break up the makeup eyelashes yes they they're slow to grow and they take a long nap remember that eyelashes grow very very slowly so I hope this video is helpful to you all and kind of overviewing Latisse what to expect with it if you have decided to pursue that with your health care provider the key word is with your health care provider and don't don't try and DIY letí's if you get it on the internet or something and there are potential consequences that can arise you need to be followed just to make sure everything it's going going along accordingly you don't want to develop develop something that could compromise the health of your eyes but if you liked this video give it a thumbs up share it with your friends and as always don't forget sunscreen and subscribe I'll talk to you guys tomorrow”

“Eyelash Growth Serum Review (Latisse)|Dr Dray.” *Www.youtube.com*,

www.youtube.com/watch?v=h4qj9r3myjs&ab_channel=DrDray. Accessed 16 Aug. 2023.

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Transcript to the #2 video :

“Well hey guys in today's video we're going to be talking all about lash serums and fat loss I've gotten a lot of requests to talk about can lash serums cause fat loss around the eyes that lead to sunken eyes this is something we should be worried about we're going to cover it in today's video lash serums probably what comes to mind first and foremost is going to be the prescription Latisse this belongs to a class of medications which are called prostaglandin analogues Latisse is just a brand name the actual drug is bomatoprost a prostaglandin analog prostaglandin analogs like bomatoprost AKA Latisse originally were used and continue to be used to treat something called glaucoma which is an eye disease as a side effect it was noted that the eyelashes were getting thick and long so Allergan was like sweet let's Rebrand this and get FDA approval and there and behold in 2007 we had Latisse what about the Lash serums that you buy buy in the store those are Cosmetics they're not drugs therefore they don't require prescription but the ingredients that those contain they may actually act to a certain degree like a prostaglandin analog and have similar effects however because they're Cosmetics they're less predictable it's hard to say for sure which if any of them are beneficial and it's also very difficult to say to what extent the prostaglandin analog like compounds in some of those lead to the same side effects that the prescription Latisse can cause what side effects well probably if you've ever used Latisse you know it can cause quite a bit of eyelid irritation eventually it can lead to redness of the eyes that's known as conjunctival hyperemia basically the eyes just get very red can make your eyelids itchy and in some cases it actually can lead to hyperpigmentation of the eyelid scan which really bothersome to people but fortunately once you stop it in most case cases that hyperpigmentation won't resolve in some rare cases it actually can change the color of the iris of your eye as well and rarer side effects might even include loss of color of the eyelashes ophthalmologists noted a change in the eyes in patients who were using banana Prost and other prostaglandin analogues to treat their glaucoma because in many of these cases patients with glaucoma they're only using the prostaglandin analog and one eye the changes around the eye became a lot more obvious as you can imagine all of a sudden one eye looks much different than the other eye specifically they noted something called deepening of the upper eyelid sulcus otherwise known as dues and you also have something called an ophthalmos that's the medical term for sunken eyes along with that they also observed dermatochalasis which is the medical term for redundant loose eyelid skin in some cases these changes resulted in more prominent appearance of the lower aspect of the whites of the eyes and flattening of the under eye bags these findings around the eyes have been most striking with bomatoprost for the treatment of glaucoma but they also can be observed with other prostaglandin analogs including latanoprost and travaprost though it occurs to a lesser extent with those other prostaglandin analogues it's most striking with bomatoprost and in some cases switching from bomatoprost to another prostaglandin analog can result in reversal of this constellation of changes around the eyes the term prostaglandin Associated periorbitopathy or Pap was coined to describe the constellation of findings that were observed in patients using the mataprost and or other prostaglandin analogues to treat their glaucoma lending further evidence to support that palmatoprost is more of a culprit in these eye changes than other prostaglandin analogues when a patient with glaucoma who has been using latanoprost is switched over to bomatoprost there is an increased incidence of Dew use

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deepening of the upper eyelid sulcus it's thought that bamatoprost has more potent impacts on the fat around the eyes and its changes in the fat from the metaprost that lead to these changes around the eyes with deepening of the upper eyelid sulcus and the overall appearance of a sunken eye in many cases however once the bermatoprost is stopped well these changes they will go back to the normal appearance and the fat can be restored fortunately in most cases it appears to be reversible when either you stop using the prostaglandin analog or at the very least if you are on bomatoprost switching to another prostaglandin analog does seem to improve things not everyone develops this in addition to bomatoprost being more likely to cause Pap Studies have identified some other risk factors namely being of an older age it does appear as though having a BMI greater than or equal to 23 is associated with a less likely a chance of developing Pap Pap can appear anywhere from a few weeks of starting the mataprost all the way out to several years later why exactly do these anatomical changes occur with bomatoprost it's thought to be secondary to prostaglandin analog effects on fat differentiation specifically an increase in prostaglandin F2 Alpha is thought to be inhibitory for adipogenesis new fat cell formation this is thought to occur via inhibitory effects on the hormone receptor P par gamma which is Central to adipocyte differentiation once the bermatoprost is discontinued that suppressive effect is removed and adipocyte differentiation can proceed and that may explain why you can get some reversal if not complete reversal when stopping bomatoprost how common is this overall it appears to be a rare side effect and it's likely a very rare side effect when using bamatoprost solely for eyelash enhancement because you are not putting it directly in your eye as would be the case with glaucoma treatment instead you are applying it along the Lash line at the base of the lashes it's kind of difficult though to say for sure exactly how common this is and overall it may be underreported because these changes they may be subtle if the patient is using bomatoprost or other prostaglandin analogs to both eyes well the changes may be so subtle that they never even notice it's the changes are more striking when you're only using it to one eye I also think that in the case of say for example glaucoma a lot of cases may be missed because it's simply chalked up to age-related change in the fat pads around the eyes as you guys remember I have a video all about how your face changes with age and the fat pads around your eyes they do reduce in size with age that's part of what is to blame for not only more of a sunken appearance to the eyes but prominent under eye Hollows and the more obvious dark under eye circles we talked all about about that in how your face changes with age but uh bomatoprost certainly can't influence that likely through its effects on fat cell differentiation the ophthalmologist also point out some concerns with possible impact of these changes to the fat pad on how the muscles around the eyes are able to perform there have been some cases of a droopy eyelid as it relates to Pap developing that is another potential complication of this but again these changes are mostly being reported in patients using prostaglandin analogues especially bomatoprost for the treatment of glaucoma where you are putting it directly in the eye not bomatoprostic Latisse to the eyelash lid margin for eyelash growth overall I do believe that the risk of this occurring with say prescription Latisse is pretty low especially if used as directed but it is important to follow up regularly with your dermatologist or whoever has prescribed this so that you can to be appropriately monitored for any potential side effects and the medication can be discontinued as needed when side effects occur but can you develop atrophy of the fat around your eyes from using non-prescription lash serums there are many out there say for example revitalash I have a video on that I mean there are a lot right

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a lot of lash serums out there it's actually hard to say because those are not drugs they're Cosmetics so the monitoring of Adverse Events with those is not necessarily going to be there I mean when you go out and you buy a lash serum nobody's following you and you may not notice that you have this fat loss so it becomes even more difficult to accurately know if a lash serum is going to put someone at risk I would say it's a theoretical possibility but I'm not aware of any cases of Pap developing or lipoatrophy developing from using store-bought lash serums the research that we have to date suggests stop bomatoprost is the most likely to cause us and again it can be reversed upon cessation of bomatoprost but the research that we have today suggests that it's primarily an issue for people using this treatment for glaucoma where again you're putting it directly on your eye it does seem lower risk when using it to the eyelid margin at the base of the lashes for lash enhancement as in the case of Latisse to minimize the potential risk for lipoatrophy Pap developing from using Latisse because it is a potential although rare side effect what can you do make sure you follow the instructions to a tea you want to start with a clean face you want to make sure that you have removed all of your eye makeup and that you're not wearing any contact lenses then you're just going to apply one drop to the upper eyelid margin at the base of the eyelashes using the sterile applicator the base of the lashes should feel moist but there shouldn't be any drips if you have some drips take a issue and use it to absorb any excess so you really just want a little bit of slight moist sensation at the base of the lashes you don't want it dripping after you have applied it discard of the applicator and get a new applicator to use for the other eye you need to use a new sterile applicator each time don't save and reuse applicators importantly make sure that you follow up with the prescriber when you're using this because that way you can be appropriately monitored for the development of any side effects they can counsel you on stopping it when those start to occur if the side effects of lipoatrophy do start to occur stopping the bermatoprost AKA Latisse can result in reversal now if you stop using Latisse and you switch to a lash serum that you buy in the store can this go away it's very possible it's very possible for whatever reason it seems as though the amount of Prost is the most offensive for developing this and that it's switching to something like a over-the-counter lash serum may make a difference now in my my opinion which I've shared on here before I have a lot of reservations with lash serums as a whole including Latisse but at least in the case of Latisse we know what to look for and you're being followed by the prescriber for these adverse effects I do find it is a bit more of a wild west out there when it comes to lash serums that you buy in the store and I do have concerns that they could have some of these untoward effects and there's no one monitoring for those effects and they can certainly cause a lot of eyelid irritation irritation to the eyes and chronic dry eyes which are not something that you want to have to deal with I mean dry eyes are really common but to have them made worse by a cosmetic product it just seems it seems like a lot not only do I not use lash serums but I don't feel comfortable promoting them on here to you all knowing the gamut of potential complications that can happen from them including the rare and unlikely complication that you lose fat around your eyes I would hate for that to happen to anyone one on my recommendation so you won't find me on this channel recommending lash serums many companies over the years that have lash serums have invited me to try their lash serums to review them for consideration for paid promotion and I always turn those down because I don't use lash serums and I don't recommend them and I have concerns all that to say Latisse AKA banana Pros it definitely has a place in improving quality of life for people losing your eyelashes can be what is way more

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than a cosmetic issue my eyelashes are really important for actually protecting the health of your eyes and there are many conditions where patients lose their eyelashes for example there's an autoimmune hair loss condition known as alopecia areata and those patients can end up losing their eyelashes and their eyes can become very dry very irritated Latisse can make a huge difference for them sometimes people lose their eyelashes as it relates to chemotherapy and again that can be very uncomfortable and cause complications for them so Latisse definitely has a role and to completely lose your eyelashes not only can it cause harm to your eyes because they are a functional structure but it definitely can impact the way that your face looks and that can make you feel you know impact your overall quality of life and self-esteem so I am not totally anti-latisse but I do have reservations with the over-the-counter stuff there are risks to be had with these and I do think it's best to see a healthcare provider for a prescription and that way you can be monitored for the development of these side effects because it is your eye and Eye Health is nothing that you want to mess around with so that's why I have reservations with recommending eyelash serums but I hope this video answered your questions all about fat loss around the eyes as it relates to things like Latisse and other lash serums and then it was informative I hope you all enjoyed this video if so give it a thumbs up share it with your friends and as always don't forget sunscreen And subscribe I'll talk to you guys tomorrow bye foreign”
“FAT LOSS & SUNKEN EYES from LASH SERUMS 🤔 Dermatologist @DrDrayzday.”

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Accessed 16 Aug. 2023.

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